

DEALS AND STEALS TO FEED YOUR FAMILY (UNDER \$1 EACH!)

EVERY DAY

rachaelraymag.com

with RACHAEL RAY

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THE KITCHEN **FAST**

ALL NEW 30-Minute Meals

59 recipes

(with photos!)

+ 143 tips and tricks
to make cooking
easier and better

**WHAT TO
EAT NOW!**

breakfast
turnovers,
mac 'n' cheese,
caramel apples

fun, kid-friendly
vacations

**EASY
DINNERS
EVERY
NIGHT**
P. 121

*Rach's healthy
school lunch*
page 27

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VIEW

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EVERY DAY with RACHAEL RAY

september 10

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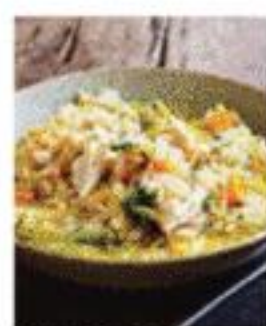


Back to school: It's about that time. We don't think you need to be in a classroom to learn—though we definitely want to give you a lesson on how Rachael is making over lunches in your kids' schools ("Let's Get America's Kids Healthy!," page 27). There's also plenty of learning to be done in the kitchen, whether it's yours (*Every Day Kitchen*, page 61) or someone else's (*Every Day Travel*, page 159). Either way, you end up with a delicious meal, which makes hitting the (cook)books a whole lot more appealing!

FIND IT FAST!

if you want...

...cooking tricks



109



100



76



68



82



47

...personal time



144



139



165

LASAGNA, CON POULOS, WAFFLES AND SANDWICH, STEPHEN SCOTT GROSS.

bookmark it!

Every Day with Rachael Ray September 2010

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take a bite outta life!

EVERY DAY with RACHAEL RAY

september 10



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Late night? Turns out **potato slices** are just as effective as cucumbers at reducing dark circles and puffy skin.



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Save time and **cash**: Prepay for your next hotel or rental car—rates tend to be 10 percent lower. (The catch: Such deals are usually no-refund.)



4 shortcuts

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THE EVERY DAY MENU PLANNER
1 SHOPPING TRIP = 7 DINNERS



p **65**

Get cooking with some seasonal **okra**—just not in iron or copper cookware (to prevent discoloration and blackening).

p **98**

Perfect **seared meat** with one easy trick: Dry it thoroughly first (place it between paper towels) and let it come to room temperature. It'll brown more evenly.

coming up

Want a glimpse into the future? **Here are some things you'll learn this time next month:**

Trade Secrets

How the best chefs keep their kitchens in smokin' shape

ENTERTAINING EATS

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Five on the Sly

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Sugar Baby

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what we're psyched about this month



1

Online Cooking Classes

We knew the web was an amazing resource for recipes, but it's also great for online cooking classes and how-to podcasts. **Every day** **courtney** picked from our favorites (page 159) and signed herself up; read her cooking blog and get inspired to brush up your own skills.

2

EVERY DAY Cookbook Club

It's a book club! It's a dinner party! It's a book club *and* a dinner party! Each month we'll highlight a **cookbook** (this month: editor-in-chief Silvana Nardone's *Cooking for Isaiah*) and select our favorite recipe. Then we'll all make it together over the same weekend. Invite your friends over, take pics of your dish and post 'em online—we'll be doing the same. Get details for this month on page 42.



Better Lunches

While Rachael's been working to change **school lunch programs** in America (see page 27), we're aiming to make over our midday meals, one brown bag at a time. Get better-for-you recipes and fresh new tips, plus join the conversation in the forums.

3



YOUR BEST CANDID WEDDING PHOTO CONTEST WINNER!

We saw a lot of pretty brides and reception hijinks for our contest, but we couldn't resist this off-the-cuff shot of the happy couple sharing a post-ceremony snack. "At our wedding, my husband, Larry, jokingly said he wanted a chocolate shake and a hamburger," says his bride of 33 years, Cathy Nign, from Temple City, California. "His friend's wife snuck away, went to the drive-through and came back with the biggest bag McDonald's had!"

ate it? rate it!



"I topped Sausage, Potato and Cheese Waffles with leftover veggie taco filling. A sprinkle of cheddar and a short trip under the broiler, and I had a really good, fast weekday breakfast." —MIMIWI

Post your own pic in our photo gallery and tell us why the dish was a hit, and we might run your picture and quote in an upcoming issue!

vacation giveaway



Extend your summer with a fancy beach vacation—on us! Enter to win a four-day, three-night stay for two adults at Sandals Royal Bahamian Spa Resort & Offshore Island in the Bahamas, for a total value of \$2,500. Get the details at rachaelraymag.com/september.

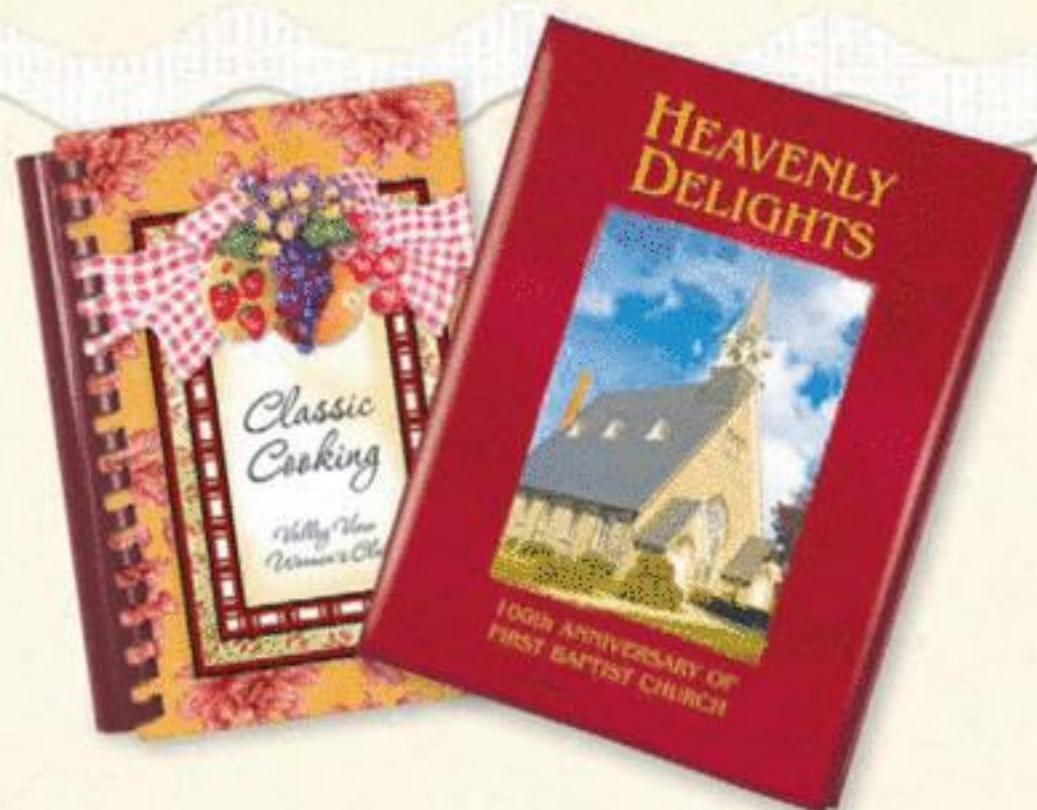
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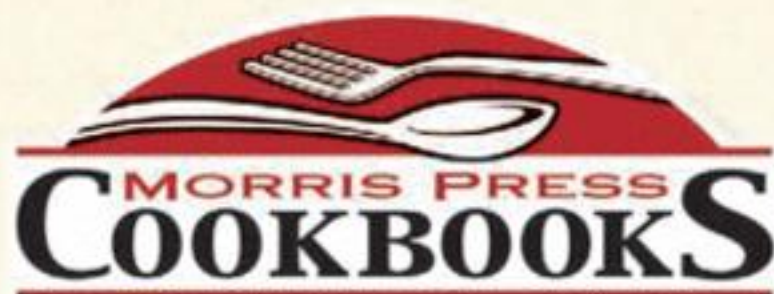
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Ms. Ray Goes to Washington

We know you're busy getting the kids ready for school, so we've filled this issue with stories that'll make your life a little easier. **Check out the stylish backpacks and other goodies in *Every Day Faves* (page 47) and fun lunch totes in our Well Equipped column (page 73). Then turn to our kids' after-school party (page 142),** hosted by our editor-in-chief, Silvana Nardone, and filled with delicious gluten-free treats that everyone will love. And, of course, you'll find tons of fast, easy recipes throughout the magazine—my Sweet Potato-Topped Shepherd's Pie (page 109) just might become a new family favorite!

But before you get to all of that, turn to page 27 for my article, "Let's Get America's Kids Healthy!"

I've been spending time in our nation's capital, encouraging our lawmakers to fight for better school lunches. Here's the goal: When your kids sit down to eat in the cafeteria, they'll be served a

healthy meal, made with real, nutritious ingredients. Simple enough, right? I'm working to help pass the Child Nutrition Act, which would provide your school with more money to purchase the fresh, healthy foods you serve at home. We want to change the way this generation thinks about food, and we're going to need your help!

Love,



Watch a slideshow of my trip to D.C., and learn more about the cause, at rachaelraymag.com/september.

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We shop at local farmers' markets and **bring home awesome vegetables, fruits, lean meat, poultry and fish.** We also use a lot of fresh herbs for seasoning and stay away from salt as much as possible. Once you've made your own salad dressing and granola, you'll never go back! —MARY E. MCCOY, Montoursville, PA



If we eat something indulgent one night, then we'll have something lighter the next night. I also have **fresh vegetables at dinner** for the kids. They don't always like the cooked kind, but they have come to really enjoy the crunchy, raw stuff—even without dip!

—LISA JERMAIN, Kaukauna, WI



My husband would never eat anything green if I didn't make him, so I buy bags of Trader Joe's frozen mixed veggies and add them to pretty much every meal. When they're in season, I keep sliced peppers, cucumbers and a bowl of tzatziki (a garlicky greek yogurt dip) in our fridge as a go-to snack. **We fill up on the good stuff first!** —CARLY ARNOLD, Brooklyn, NY



I write everything on a whiteboard, so the whole family knows what's for dinner. Ginger Shrimp with Asian Noodles, Roasted Chicken and Vegetables, and Spaghetti with Salad are just a few of the items on the menu this week! I have all the ingredients on hand so I don't turn to takeout after a long workday.

—KENDRA KOLVET, Reno, NV

reader fave



I was finally able to get my daughter to eat eggs (and get a laugh from her friends) by sending her to school with hard-boiled eggs in funny shapes. Now I always feel good about packing her lunches with healthy food.

—SOOKERS (via rachaelraymag.com)

(Egg Shaper, \$3.25 for 2, jbox.com)

WHAT ARE YOUR ALL-TIME FAVES?
TELL US AT RACHAELRAYMAG.COM/TALK.



I practice **portion control** by dishing out dinner at the stove, then keeping the food in the kitchen—**except for a large salad, which goes on the table for everyone to help themselves.**

—LISA HITZEMAN, Woodbury, MN

**In case you forget,
the gas cap is on the right.**



Introducing the all new Chevrolet Equinox. The crossover that offers an amazing 32 mpg highway and up to 600 highway miles on a single tank of gas.¹ That's better than the Honda CR-V, Toyota RAV4 and even Ford Escape Hybrid.² Equinox was even named A Consumers Digest Best Buy. Everyone deserves a crossover that saves money at the pump. **Starting at \$23,360.³** Find out more at Chevy.com.



2010 LTZ as shown, \$28,965³

¹ EPA estimates for FWD models. ² EPA-estimated mpg highway (2WD): CR-V, 28; RAV4, 28; Escape Hybrid, 31. ³ MSRP. Tax, title, license, dealer fees and optional equipment extra. Chevrolet and Equinox are registered trademarks of General Motors. © 2010 General Motors. Buckle up, America! The Best Buy Seal is a registered trademark of Consumers Digest Communications, LLC, used under license.



Switch priorities

Finding it hard to balance your work and personal life? Here are our readers' tips on how they organize both areas.



WORK TIPS

Getting into work early allows me to start my day without any distractions.

—Lori B.

I always make time for a lunch or snack break. It's important to refresh and refuel!

—Kim B.

I take 30 minutes every Friday to file papers and emails and clean my desk. This way, I am ready to go, stress-free and organized, on Monday mornings.

—Gloria B.

We have a designated time at home to discuss anything work-related. Outside of that time, we try not to allow work into our family life.

—Katie P.

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you love us...

Even though I've been a subscriber for a few years, I'm still excited to crack open each issue because of the food photos! **Your recipe images are incredibly artistic**—you must use wonderful photographers. I have tried hundreds of dinners over the years because of the way they looked in the magazine. —JINELLE BOYD, Atlanta, TX

When I discovered that I was wheat-intolerant, I was nervous about whether your recipes could still work for me. But with a little tweaking, the majority of them work great. **I was so happy to see two easy gluten-free recipes**, Satay Lettuce Wraps [30-Minute Meals] and Peas 'n' Cheese Squash Spaghetti [Take Five], in your May 2010 issue. Who knew that squash could be such a delicious (and healthy!) substitution for traditional pasta! —CSMARTIN (via rachaelraymag.com)

➔ You're in luck! Editor-in-chief Silvana Nardone recently threw a party for her gluten-intolerant son. Find the recipes on page 142 and check out her new book, *Cooking for Isaiah*.

you love us not...

Why does Rachael always have a picture of just her on the cover? **You should show her being more engaged.** Show her cooking with kids or working with them in a garden—something meaningful!

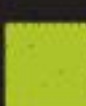
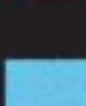
—TOMATOQUEEN (via rachaelraymag.com)

➔ Tomatoqueen, your wish is our command. We hope you like this month's cover!

My family eats a lot of chicken, so I was excited to see the cover line for the August 2010 issue: "8 Ways to Cook Up a Chicken." **I can't believe how much time I spent looking for something that wasn't even in the magazine!** There were only five chicken recipes in the Recipe Index. Please try to make sure what you say on the cover is actually in the magazine. —YEEMAMA (via rachaelraymag.com)

➔ We're sorry you felt misled. Aside from the dishes in the "Poultry" section of the Recipe Index, there were two chicken salads and a mini chicken sandwich—slotted under other categories in the index.

Autumn is your favorite season!

38%  **fall** 
31%  **spring** 
21%  **summer** 
10%  **winter** 

Why do you guys love fall so much?

"WARM DAYS, COOL NIGHTS AND FOOTBALL!"

—DRYAN7263 (via rachaelraymag.com)

"Because of the leaves changing to bright red, orange and yellow."

—LYNDA DINE
(via rachaelraymag.com)

"My favorite month is September, because it's a mix of fall and summer. The air is crisp and the leaves are just breathtaking."

—HOPLESSROMANTIC
(via rachaelraymag.com)

reader fave



I love Mamie's Famous Cheese Wafers. They're easy to make and great for when I have unexpected company: Just slice and bake them. Plus, they make my home smell wonderful while they cook.

—SHEA32 (via rachaelraymag.com)

(\$9 per roll, mamieswafers.com)

WHAT ARE YOUR ALL-TIME FAVES? TELL US AT RACHAELRAYMAG.COM/TALK.



PERSONAL TIPS

Even with busy schedules, we still make time for a family dinner at least twice a week. It's a good time to catch up and de-stress.

— Lisa L.

I love taking my kids to the park to play! I get in some exercise while spending time with my children.

— Amanda T.

I always try to get the kids to bed on time so I can enjoy some downtime before going to bed. Not only do they sleep better, but I do too!

— Ashley F.

My friends and I take turns babysitting each other's children. We all get a break, and it doesn't cost a thing!

— Mollie M.

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go to RachaelRaymag.com/Nokia

pick of the crop

Pillsbury

Whether you pick them yourself at a nearby orchard or harvest some beauties at your farmers market, look for Jennie Garth's favorite pie-worthy apple varieties.



Golden Delicious

are one of the sweetest apples, with a rich, mellow flavor

Jonathans

are quite tart with a rich, spicy flavor

Honeycrisps

are sweet as honey with a slight hint of tartness

Granny Smiths

are super-crisp and almost sour, making an excellent balance with sweeter apples

Empires

make a pie with a firm texture and the right touch of tartness

Grab your apples and a **Pillsbury® Pie Crust** and try Jennie's favorite apple pie on the next page!



For more pie baking ideas visit Pillsbury.com/pie

TALK

✓ success OF THE MONTH

My friend and I were halfway through a banana cake recipe when we realized we didn't have any eggs! Thinking on our toes, we added in flavored pudding. It turned out fantastic!

—DANCINGDOLL797 (via rachaelraymag.com)

➔ Great job improvising—and coming up with a new dessert! If you're up for trying again, we've got a Banana-Lemon Pudding Cake that sounds right up your alley. Find the recipe at rachaelraymag.com/september.

✗ mess OF THE MONTH

I love to freeze several servings of fresh blueberries so I always have them on hand. Recently I used them in blueberry muffins. Little did I know that my husband had been keeping a bag of black beans in the freezer as well! Needless to say, the muffins were unique. —DIANNE FISHWILD, Mountain View, CA

➔ Good reminder: Label your freezer baggies. And don't be scared off of savory baked goods forever—try adding those black beans to your next batch of corn muffins.

HEY you!

TELL US ABOUT YOUR MESSES AND SUCCESSES! Visit rachaelraymag.com/talk or write to *Every Day with Rachael Ray*, 16 E. 34th St., 14th Floor, New York, NY 10016. Letters and submissions may be edited and used in all print and electronic media.

77

PERCENT OF READERS GO BACK-TO-SCHOOL SHOPPING!

(37% LIMIT THEIR LISTS TO STUFF FOR THE KIDS.)

reader fave



I can't get enough of Supernatural Botanicals Beach Body Spray. It's an eco-friendly product you can spray on your skin and hair that feels and smells much lighter than perfume. I always get compliments when I use it. —ROBIN FELTNER, Cincinnati

(\$14 for 8 ounces, supernaturalbotanicals.com)

WHAT ARE YOUR ALL-TIME FAVES? TELL US AT RACHAELRAYMAG.COM/TALK.

Easier-than-ever apple pie!

This harvest season, actress and mom **Jennie Garth** shares her secret for making easy, everyday apple pies.



“When the leaves turn, it’s time for us to go apple picking. We love a fun day at the orchard and then baking our favorite apple pie with the help of **Pillsbury® Pie Crusts**. We just unroll, fill and bake. It’s amazing, making a pie is really that easy.”

— Jennie Garth

Jennie’s Festive Apple-berry Pie

MAKES: 8 SERVINGS PREP TIME: 30 MINUTES BAKE TIME: 50 MINUTES

- 2 cups fresh or frozen cranberries
- 1½ cups sugar
- 4 tablespoons cornstarch
- 2 tablespoons water
- 1 box **Pillsbury® Refrigerated Pie Crusts**, softened as directed on box
- 5-6 cups sliced peeled apples (5-6 medium)
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg

In 1-quart saucepan, mix cranberries, 1 cup sugar, 1 tablespoon cornstarch and the water. Heat to boiling, boil 5 minutes, cool 15 minutes. Heat oven to 425°F. Make pie crusts as directed on box for Two-Crust Pie using 9-inch glass pie pan. In large bowl, mix apples, remaining ½ cup sugar, remaining 3 tablespoons cornstarch, the cinnamon and nutmeg until apples are coated. Stir in cooled cranberry mixture. Spoon into crust-lined pan. Top with second crust, press edges together to seal. Cut slits in several places in top crust. Bake 40-50 minutes or until golden brown. After 15-20 minutes of baking, cover crust edge with strips of foil to prevent too much browning.

Unroll, Fill, Bake. With Pillsbury® Pie Crusts, it’s just that easy to make a delicious homemade pie. For more pie baking ideas visit **Pillsbury.com/pie**





Dinner in 5

We asked you how you use Tyson® Grilled & Ready™ Chicken Breast Strips to get dinner on the table in 5, and you shared some creative solutions. Try these quick and easy real-life ideas to make healthy eating part of your routine.

Salads for a healthy, easy dinner

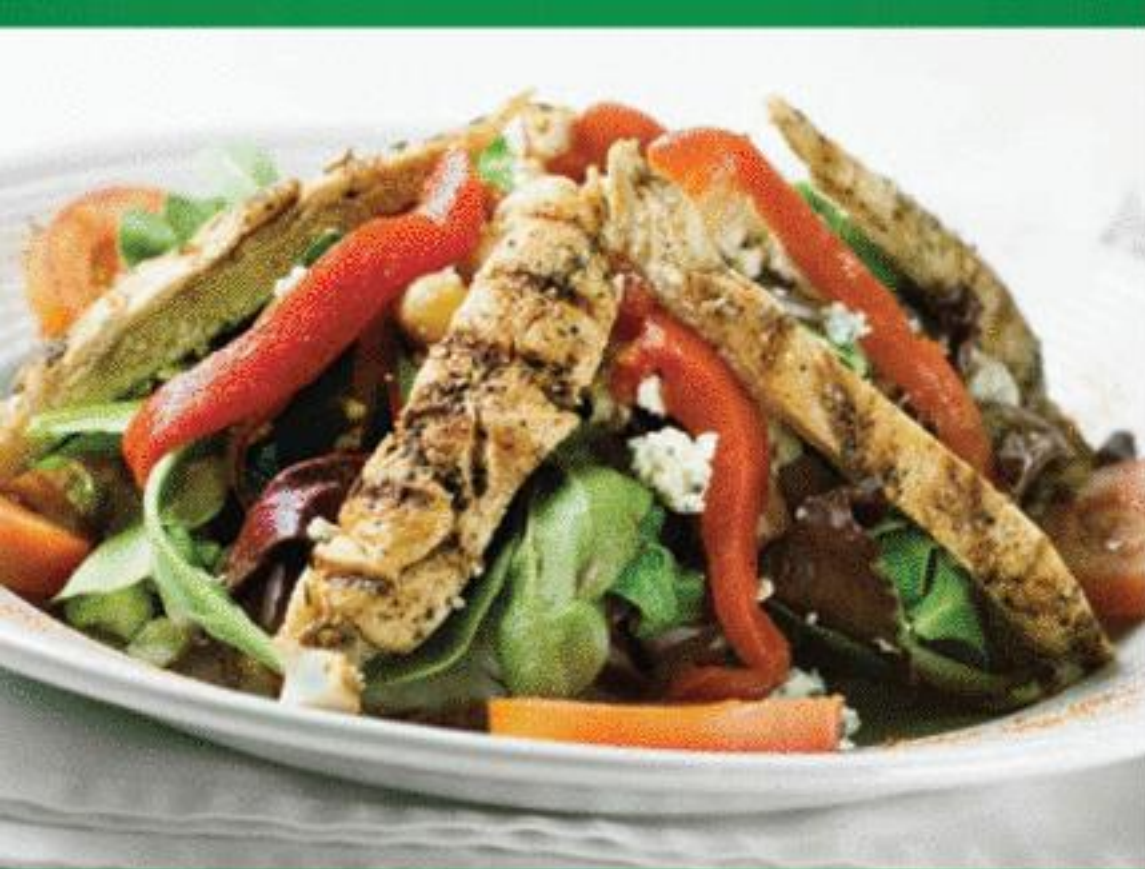
“We love Chicken Caesar Salad. My husband and I both work, and they make it so easy to have this meal ready to eat when we are ready to eat it!!!”

Tacos, Fajitas & Quesadillas for delicious south-of-the-border dishes

“We make chicken tacos with them in minutes. My family loves to make their own tacos with a taco station. It saves me so much time and is delicious!”

Pizza for a filling and nutritious dinner

“My kids love to help me use them on pizza dough with our favorite toppings for a fresh, healthy, fast pizza.”



For more quick and easy dinner ideas, visit Tyson.com



© 2010 Tyson Foods, Inc.

take five



Preheat the oven to 400°. In a 9-by-13-inch baking dish, toss the **butternut squash**, **onion** and **baking potato** with 2 tablespoons extra-virgin olive oil to coat; season with salt and pepper. Bake until tender, 45 minutes to 1 hour. Transfer the vegetables and any juices to a large soup pot, add the **chicken broth** and bring to a simmer over medium-high heat. Remove from the heat and, using an immersion blender, puree until smooth. Stir in the **milk**, according to the desired thickness, and season with salt and pepper.

✿ Do you make a great dish with five ingredients? Visit rachaelraymag.com/talk. Olive oil, salt and pepper are freebies.



**butternut
squash
soup**

—INDRANI GARDELLA,
Los Altos, CA

RECIPE PHOTO BY KANA OKADA; FOOD STYLING BY ROSCOE BETSILL; PROP STYLING BY TIZIANA AGNELLO. INGREDIENTS, ISTOCKPHOTO.COM.

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let's get America's kids healthy!

BY RACHAEL RAY

To me, the health of our children is the most important issue we're facing today, both as families and as a country. One out of every three kids is overweight or obese—more than triple what the number was when I was growing up. People, this is an epidemic! And it's time for us to stop the trend.

The healthy crusade starts at home. Years ago, when I was teaching 30-Minute Meals in grocery stores, kids would walk by and say, "That smells so good. I want to try some!" And the mother would say, "Oh, no. You don't like that." It makes me angry to think about it. Parents ask me all the time: "How do you fix a picky eater?" Start with yourself. When you only feed a kid chicken nuggets, you can't be surprised when she fights you about trying vegetables later in life. Even if you're a picky eater, you have to make a choice to have your kids try a little bit of everything. Many of you are doing your part on the home front but don't know how to improve food at school. To start, we all have to be

loudmouths. I travel to Washington, D.C., to discuss these topics with members of Congress, but you can effect real change in your own community. Parents should talk to school administrators and *demand* to see positive changes in the lunch program. For some children, it's their only access to nutritious food, and possibly their only meal all day.

My Yum-o! organization provides healthful recipes to the New York City school system, like Cheesy Mac and Trees (page 28). You can't take away kids' favorite meals, but there are smart ways to prepare them. Just by switching to whole wheat pasta, you're adding an enormous amount of protein and fiber.

All of this helps. But the only way to make real, meaningful social change is to get your children excited about becoming healthier. Grown-ups can talk all day about it, but who cares? Nothing's going to happen unless young people become part of the process, and adults respect them enough to hear their ideas. Through my work with Yum-o!, I've learned that kids are willing to change—we just need to give them the chance.

Yum-o! cheat sheet

A little more about what we do:

COOK

We offer healthy, affordable, easy recipes and cooking tips, which together act like an online home-ec course.

FEED

We help fund food banks around the country, and work with campaigns to end hunger. We're trying to increase school funding so that kids have access to food at their public schools year-round.

FUND

We offer scholarships to public school kids who want to go into food-related fields.

Log on to yum-o.org and see what else we're up to!

Lessons from Our Cafeterias

—ANDREW KAPLAN



new york city department of education New York City

THE LESSON Start Small

When you serve 850,000 meals a school day, small changes make a big difference. Instead of getting rid of white bread options all at once, schools began serving sandwiches that were half whole wheat and half regular white bread. Once kids were used to that, the full switch to whole wheat was made.



burlington school district Burlington, Vermont

THE LESSON Go Local

The staff receives an A-plus for their commitment to using locally grown products. Each week, hundreds of zucchini are shredded, then baked into zucchini bread. Local strawberries, raspberries and blueberries are turned into vinaigrette. Basil becomes pesto, and Vermont cheddar flavors freshly baked rolls.

Cheesy Mac and Trees

SERVES 6 KIDS

I served macaroni with real cheese, whole wheat pasta and plenty of broccoli to New York City public school students, then adapted the recipe for the home cook—you! I hope your kids love it as much as the students did!

Salt and pepper

- 1 pound whole wheat or whole grain rotini or penne rigate pasta
- 1 large head broccoli, trimmed and cut into small florets
- 3 tablespoons butter
- 1 clove garlic, finely chopped
- 3 tablespoons flour
- 2 cups low-fat milk
- ½ cup chicken stock
- 2½ cups shredded yellow extra-sharp cheddar cheese
- ¼ cup chopped fresh chives or 2 scallions, thinly sliced (optional)

Preheat the broiler. Bring a large pot of water to a boil, salt it, add the pasta and cook until al dente (about 10 to 12 minutes, depending on the brand). When the pasta has been cooking for a couple of minutes, add the broccoli to the water and finish cooking everything together. Drain and return to the pot.

Meanwhile, in a saucepan, melt the butter over medium heat. Add the garlic and cook for 2 to 3 minutes. Whisk in the flour and cook for 1 minute, then whisk in the milk and stock. Cook until the sauce thickens enough to coat the back of a spoon. Stir in 2 cups cheese and season with salt and pepper.

Toss the pasta and broccoli with the sauce. Adjust the seasonings to taste. Place in a large casserole dish and top with the remaining ½ cup cheese and the chives or scallions, if using. Place under the broiler until bubbling and browned.

no kidding

We ate lunch with a class of fifth-graders at P.S. 151 in Queens, New York, and my mac 'n' cheese was the hot topic of conversation.



"I'm glad this is healthy. I eat all vegetables, except brussels sprouts."

—DAQUAN (MIDDLE)

"I don't like mushrooms."

—MICHAEL

"Oh, yeah. I don't like mushrooms either."

—DAQUAN



"This tastes wonderful. Because it has vegetables, it might be healthy!"

—TATYANA



"It reminds me of the mac 'n' cheese you buy in the supermarket, but this one is healthy, and it actually tastes better!"

—CAROLYN (LEFT)

"I like that you know what's inside of it."

—SHEREN





SCRAPES AND BRUISES ARE PART OF GROWING UP. BUT SOME THINGS DON'T HAVE TO BE.

As your preteen grows up, he or she will continue to need your protection. So it's important to know about the diseases that can affect your son or daughter:

- **HPV (human papillomavirus):** the virus that can cause cervical cancer, genital warts, and other HPV-related diseases
- **BACTERIAL MENINGITIS:** a very serious infection of the brain and spinal cord lining
- **WHOOPING COUGH:** a highly contagious, prolonged respiratory tract infection
- **CHICKENPOX:** a viral infection that causes fever and an itchy rash, which can turn into blisters

AT YOUR CHILD'S NEXT DOCTOR'S VISIT, ASK WHAT YOU CAN DO TO HELP.
Or visit sponsor.webmd.com/preteenhealth to learn more.*



southwest independent school district

San Antonio

THE LESSON Swap Out the Sugar

After years of observing students' purchasing and eating behaviors, Southwest district officials realized that kids pay the most attention to their entrée choices and grab side offerings without much thought. So removing desserts and replacing them with fruit and veggies was an easy and effective switch.



west new york school district

West New York, New Jersey

THE LESSON Ask Students for Help

As a fun project, this district asked students to help create their own healthy lunch menus, going on the theory that if kids are involved, they're more likely to eat and enjoy nutritionally balanced meals. A recent winner: Omar's ratatouille served with lemon chicken and quinoa.



feed your family better

Dr. Ian Smith, author of *The 4 Day Diet* and father of two, says healthy habits start at home.

1

reduce sugar

Many children get the majority of their calories from foods that are high in refined sugars and low in nutrients. When sugar replaces nutrients, there's a problem. Limit sweets such as ice cream and cookies to one serving a day. And try making them a little healthier (i.e., using whole grain flour in your cookies or blueberry muffins). You don't have to use a ton of chocolate chips, either—just a few will do the trick.

2

put your freezer to work

Kids love cold treats. Try freezing fruits like grapes or berries, which taste great by themselves or blended with milk and yogurt. Smoothies take 35 seconds to make, and you'll know exactly what your kid is eating. My family also loves mini ice pops: Pour yogurt and fruit into an ice tray, insert a stick and freeze.

3

fake out your kids

The way food looks matters to children. They don't make distinctions between healthy and unhealthy; they think "yucky" or "yummy." So take out the "yuck" factor. My wife makes a great avocado "ice cream." In a blender, mix avocado, banana, yogurt and some cocoa powder. It has the consistency of ice cream. Or add a few colored sprinkles on top of greek yogurt: instant dessert.

4

get them involved

At the grocery store, we let each of our kids choose something, like their favorite cheese. Let them help in the kitchen. Our oldest, Dashiell, is in charge of mixing, measuring and pouring. Also, plant a garden with five or six vegetables—tomatoes, potatoes and carrots are fun—and call it an "experiment." Kids love that word. They get to eat the fruits of their labor and see how food grows.

5

improve your behavior

Become a model for your children. Drink more water and less soda. You can't go around drinking soda and then tell them not to drink it. Children are great imitators. If your kids see you snacking on baby carrots or sliced fruit, they'll reach for it, too. Out of the house, they make their own choices. So if you deprive them of anything fun, they'll gorge the first chance they get. Teach them balance: a little of this, a little of that.



German engineers. Yeah, they have families too.



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Volkswagen was considerably harder. So we gave it optional leather seating like you could easily find in a luxury sedan. And, most importantly, that unmistakable VW performance designed to bring out the kid in you.



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jackson public school district

Jackson, Mississippi

THE LESSON Mix It Up

The principal and several teachers came up with a radical idea: As of last year, Jackson elementary school teachers are required to eat meals alongside their students. With adults eating plenty of salad, and encouraging kids to do the same, fruit and vegetable consumption has gone way up. Teachers have also observed less overall food waste.



archdiocese of chicago

Chicago

THE LESSON Get Back to Basics

Program directors knew that students would eat fewer packaged convenience items like chips if they were offered homemade alternatives. After developing their own healthy recipes, cafeteria workers now serve spaghetti sauce over whole grain pasta, as well as orange-cranberry bread and granola bars, and all items are trans-fat-free.

web

Join the campaign! We want to know what your family or school is doing to get healthy. Log on to rachaelraymag.com/september and share your story.



Buttered Toast Crispy Fishwiches

SERVES 4

If your kids like fish sticks, give them this tasty, much healthier sandwich. It makes a great weekend lunch!

- 4 tablespoons butter, melted
- 1½ cups panko breadcrumbs
- 1 tablespoon Old Bay Seasoning (about a palmful)
- 1 tablespoon onion powder (about a palmful)
- 1 tablespoon garlic powder (about a palmful)
- Grated peel of 1 lemon
- A couple of tablespoons chopped fresh thyme
- A couple of tablespoons finely chopped fresh chives
- 4 pieces cod fillet (6 ounces each)
- Salt and pepper
- Flour, for coating
- 2 egg whites, beaten
- 4 sandwich-size english muffins or 8 slices Thomas' Breakfast Bread or english muffin bread, toasted and lightly buttered

Garnishes: oil-and-vinegar-dressed slaw or shredded iceberg lettuce; lemon juice or malt vinegar; bread-and-butter pickle slices; finely chopped red onion

Preheat the oven to 425°. In a bowl, pour the melted butter over the panko and work it into the crumbs to evenly distribute. Season with the Old Bay, onion powder, garlic powder, lemon peel, thyme and chives.

Season the cod with salt and pepper, then coat in the flour, egg whites and panko mixture. Arrange on a broiler pan or cooling rack placed on a baking sheet. Bake until deeply golden and crisp, about 20 minutes.

Place the english muffin bottoms or 4 muffin bread slices on a work surface. Layer with the slaw or lettuce and then the fish. Dress the fish with the lemon juice or malt vinegar. Top with the pickles, onion and muffin tops or remaining 4 bread slices.



parents: get involved!

The School Nutrition Association tells you how.



No. 1

Ask the school for permission to **visit the cafeteria** and try the food.

No. 2

Introduce yourself to the nutrition staff. Direct any questions about ingredients or preparation to managers first; if you're not satisfied, ask to speak to the director.

No. 3

Find out how you can **participate in food-based decisions.** A 2004 federal law requires schools to establish Local Wellness Policies, which are decided by a team of parents, students and administrators.

No. 4

Check the newly launched **traytalk.org**, which posts up-to-date info on school nutrition programs.

No. 5

Review the cafeteria menu with your children and **encourage them to try healthy foods.** Nearly every district offers fresh fruits and vegetables and whole grains.

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Facebook.com/jello

yum

your first taste of september

Honey-Vanilla Caramel Apples

MAKES 6

PREP 15 MIN (PLUS CHILLING)

COOK 35 MIN

6 medium red apples, such as
braeburn, cortland or fuji, chilled

Ice water

1½ cups heavy cream

½ teaspoon salt

1½ cups honey

1 teaspoon pure vanilla extract

1. Line a baking sheet with parchment. Skewer each apple stem with a lollipop stick or thick bamboo skewer. Fill a large bowl one-quarter of the way with ice water.

2. In a 4-quart, heavy saucepan, heat the cream and salt over medium-high heat until steaming hot. Stir in the honey and bring to a boil, stirring occasionally. Lower the heat to medium and continue to boil, stirring constantly, until the mixture registers 260° on a candy thermometer, 30 minutes. Remove the pan from the heat and add the vanilla. Place the pan in the ice water, stirring the caramel with a wooden spoon until it's thick enough to coat the apples without running off, about 5 minutes. (If the caramel thickens too much, return the pan to medium heat and stir.)

3. Wipe the chilled apples dry. Working with 1 at a time, hold the apple by the stick and dip into the caramel, tilting the saucepan and twirling the apple to coat all but a 1-inch border around the stem. Place the caramel apples on the prepared baking sheet and refrigerate for 20 minutes before serving.

liquid gold

Honey's got a knack for sticking around—a bottle can last years in your pantry. So it's easy to forget there's a yearly harvest time for the sugary treat. (Psst...that time is now!) To celebrate, we grabbed the nearest bottle and boiled it down to make a **rich, gooey caramel coating** for crisp fall apples.

RECIPE BY TISH BOYLE
PHOTOGRAPH BY LUCUS ZAREBINSKI

web

For more healthy snack
recipes, visit [rachaelray
mag.com/september](http://rachaelraymag.com/september).



FIRE STARTER

Light the last of summer barbecues with a match that outshines the rest. **Diamond GreenLight Matches** (\$3, at select grocery stores) are the first in the U.S. made with sustainably sourced wood. You strike 'em the old-fashioned way, but their extra-thick shape allows them to burn longer. The boxes are made with 100 percent recycled paper and can be recycled again.

CENTERPIECE OF THE MONTH



heads up!

Now that produce is at its peak, it's hard to resist the call of farmers' market stalls—we just can't whoosh by without stuffing our bags! When **test kitchen director Diana Sturgis scored some multicolored cauliflower**, she found a way to get more mileage out of her purchase: Use the heads to make vegetable "bouquets" before cooking them. "It's a great way to get my grandkids to love their veggies, too!" she says.



Diana's idea

Using your fingers or a knife, break a few raw heads of colored cauliflower or romanesco (a close cousin) into pieces. Then place the bundles (stem side down) into old tomato or coffee cans like you would flowers in a vase.



NAME THAT CHICKEN

Next time you're scanning the poultry aisle, take a look at the labels. A bird tagged "**broiler**" or "**fryer**" weighs between 2.5 and 3.5 pounds and will cook well under high direct heat since it's not as bulky. A "**roaster**" is a bigger bird, clearing 4 pounds. It's best cooked over time in a cooler oven, so the heat has time to work its magic on all that meat.



PARTY ANIMALS

Train your pooch to mind his manners when guests are over. **Celebrity dog trainer Victoria Stilwell**, host of Animal Planet's *It's Me or the Dog*, shows you how.

—JENNIFER CHEN

IF YOUR PET...

dashes out the door

Teach him the "wait" command before party day. Put him in a sit or stand position and hold your palm facing toward him while saying, "Wait." After a few seconds of stillness, reward him. Next, try moving several steps away, then placing your hand on the doorknob. If your dog breaks the command, let go and repeat until you can open the door without sending your pooch running. To test him, have a family member ring the doorbell. If your dog charges, close the door. Don't let him move until the person comes all the way inside.

IF YOUR PET...

jumps at guests

Don't make a fuss. Instead, **tell your guest, "My dog is in training. Please ignore his behavior."** Then turn your back to the dog and ask your guest to do the same. Jumping is your dog's way of trying to get attention. The less he gets, the less excited he'll be. Wait for five seconds of calm—all four paws on the floor—before rewarding him. Breaking this habit could create an awkward moment or two, so you might want to prime the guests who will arrive first.

IF YOUR PET...

begs at the table

Get in his way. **Block him with your body and say, "Back," while waving him off.** A body block is how dogs control space with other dogs, so by doing this, you're communicating that you want your space. Block where your pup wants to go, but don't make physical contact.



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salt to taste

Any chef will tell you: Nothing brings out the flavor of your food like salt. **Knowing how (and when) to add it** is the secret to becoming a well-seasoned cook.

—ROBERT FIRPO-CAPPIELLO

sea salt comes in multiple varieties—some flaky, some fine, some coarse. “**Texture and flavor depend on the mineral content of the sea it’s derived from,**” says Michael Psilakis, the chef/owner of Kefi in New York City. He suggests sampling a few to find one you love. Since saltiness varies, use less salt than the recipe calls for until you get used to it.

BEST FOR sprinkling over hot food just before serving. A chef favorite: Maldon sea salt, which has a mild flavor and a flaky consistency that melts right in. For flavoring pasta water or brining meats, coarse sea salts are ideal—they have a stronger salty flavor than others.

table salt is the most refined of all salts because the natural minerals have been stripped away, giving it a sharper, straight-up salty taste. It’s usually **treated to prevent clumping**, so you can store it for a while.

BEST FOR baking, where uniform grain size is needed for precise measuring.

when to salt

Enhance the natural taste of your ingredients—not the saltiness—by adding a pinch at these key stages:

1 ————— 2 ————— 3 ————— 4

When sweating vegetables: “Salt draws moisture from food, helping it break down, unlocking the flavor,” Psilakis says.

Before grilling or cooking meat: Give it a healthy sprinkling. Salt helps uncoil the proteins, bringing out the natural juices.

After adding dairy: Cream and unsalted butter counteract salt. (Try adding a little extra to an oversalted dish to save it.)

With sweets: “It makes desserts and sweet foods, like watermelon, taste even better,” Hall says.

kosher salt is unrefined, so its natural minerals come through, and it tends to have a milder salty zing than table salt. Use your fingers: “**It’s coarser, so pinching it allows you to tell exactly how much you’re using, unlike pouring from a shaker,**” says Carla Hall, a *Top Chef* finalist who owns Alchemy Caterers in Washington, D.C. Because of density differences, if a recipe calls for 1 teaspoon table salt, use about 1½ to 1½ teaspoons kosher salt.

BEST FOR all-purpose savory cooking. “It’s my go-to ingredient,” Hall says. Kosher salt also dissolves a bit more slowly than table salt, so wait a minute before tasting your dish.

flavored salt can be fun to experiment with, but it can also be pricey and hard to find. Making your own is easy and inexpensive—plus you can customize the blend. Here’s how: “**Next time you have leftover vegetables, dry them out in the oven on low heat for a few hours,**” Hall says. “Then grind them in a spice grinder with some kosher salt.”



tip

Slice vegetables and herbs extra-thin before drying for faster results.



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buried treasure

Who said science projects are just for kids? We heard that **planting certain leftover ingredients in soil could actually sprout homemade food**—or at least pretty houseplants.

—CHRISTINE RICHMOND

THE SECRET TO OBLITERATING MORE TOUGH STAINS THE FIRST TIME?*



grass



chocolate ice cream

*vs. value liquid detergents

1 garlic

Supposedly, if you plant unpeeled garlic cloves pointed end up—especially organic ones, which haven't been treated to slow sprouting—the cloves will shoot up stalks.

AFTER ONE WEEK A little digging around in the soil showed that all three cloves had sprouted. Little green shoots quickly appeared.

AFTER THREE WEEKS The garlic grew like crazy for a while—around an inch a day—and it smelled garlicky, too. It can take months for the cloves to grow into a new head of garlic, so we're still waiting!

2 ginger

Word is that ginger barely needs any soil over it and tends to sprout sideways first, so we picked a wide, shallow pot to plant a nubbin of the root. It's been said to grow up to 3 feet long in a few weeks and sprout pretty, fragrant white flowers.

AFTER ONE WEEK Nothing happened, so we covered ours with a little more soil.

AFTER THREE WEEKS Still nothing. The "buds" (they look like little green bumps, but are eventually supposed to sprout) were more successful in the plant we just left sitting out on top of the refrigerator.

3 lentils

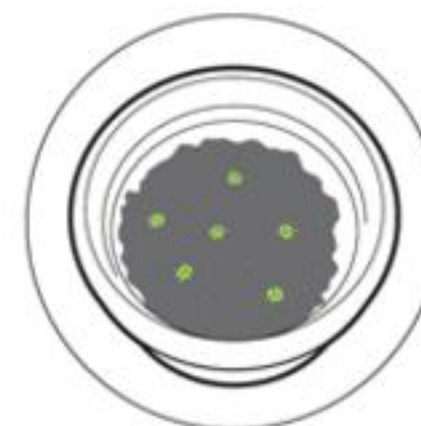
We've heard this trick works with any color of lentils, but we started by planting some brown ones in a 4-inch-deep pot, covering them with just a dusting of potting soil and placing them on a sunny windowsill.

AFTER ONE WEEK All had sprouted within three days, and they grew very quickly from there. New leaves that look similar to thyme keep unfurling in little clusters.

AFTER THREE WEEKS We have a very pretty (though leggy) little houseplant! Note to selves: Keep rotating the pot regularly, since the sprouts bend toward the light.

the winner!

WATCH IT GROW!



Sprouts sprang up within 3 days...



...then grew a few inches a week...



...into a delicate, pretty green plant!

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bright eyes

It's no secret that resting cucumber slices on your eyelids can reduce dark circles and puffy skin. Turns out **potato slices are just as effective, thanks to an enzyme called catecholase**. Bonus: Spuds keep longer in your pantry, so you're more likely to have one around. Next time, try treating sleepy peepers with this trick.

a thing of beauty Cut two ½-inch-thick rounds from a potato. Lie back and place a slice on each closed eye for 10 to 20 minutes. To get even more benefits, grate the potato and bundle the shreds in cheesecloth, then place over each eye.

tip To pamper yourself even more, dip a washcloth in lemon water and lay it gently over your face.



happy birthday
it's a girl!
congrats
thank you

EASIER GREETING CARDS

No more lingering in the stationery aisle. A new Facebook app called **Fidipidi** lets you order greeting cards online and customize them with friends' Facebook photos. The site then prints and mails them (to snail-mail boxes) in a few clicks.

TA-DA!

Welcome to our new

EVERYDAY Cookbook Club.

Each month we'll feature a new book we're dying to test out—then we'll walk the walk and get cooking. You can join in, too!

Read on for the details!



➔ School days are upon us, which means bake sales, after-school snacks and family dinners. For some fresh ideas, we know where we'll be turning: *Cooking for Isaiah* (\$25, amazon.com), the new book by **Every Day with Rachael Ray** editor-in-chief **Silvana Nardone**. It has gluten- and dairy-free recipes for family favorites like pancakes, spaghetti and meatballs, and chocolate chip cookies. We'll be cooking Silvana's **Corn-Shrimp Fritters with Creamy Salsa Dip** from August 19–22. Head to rachaelraymag.com/september to get the recipe and chat about the results.

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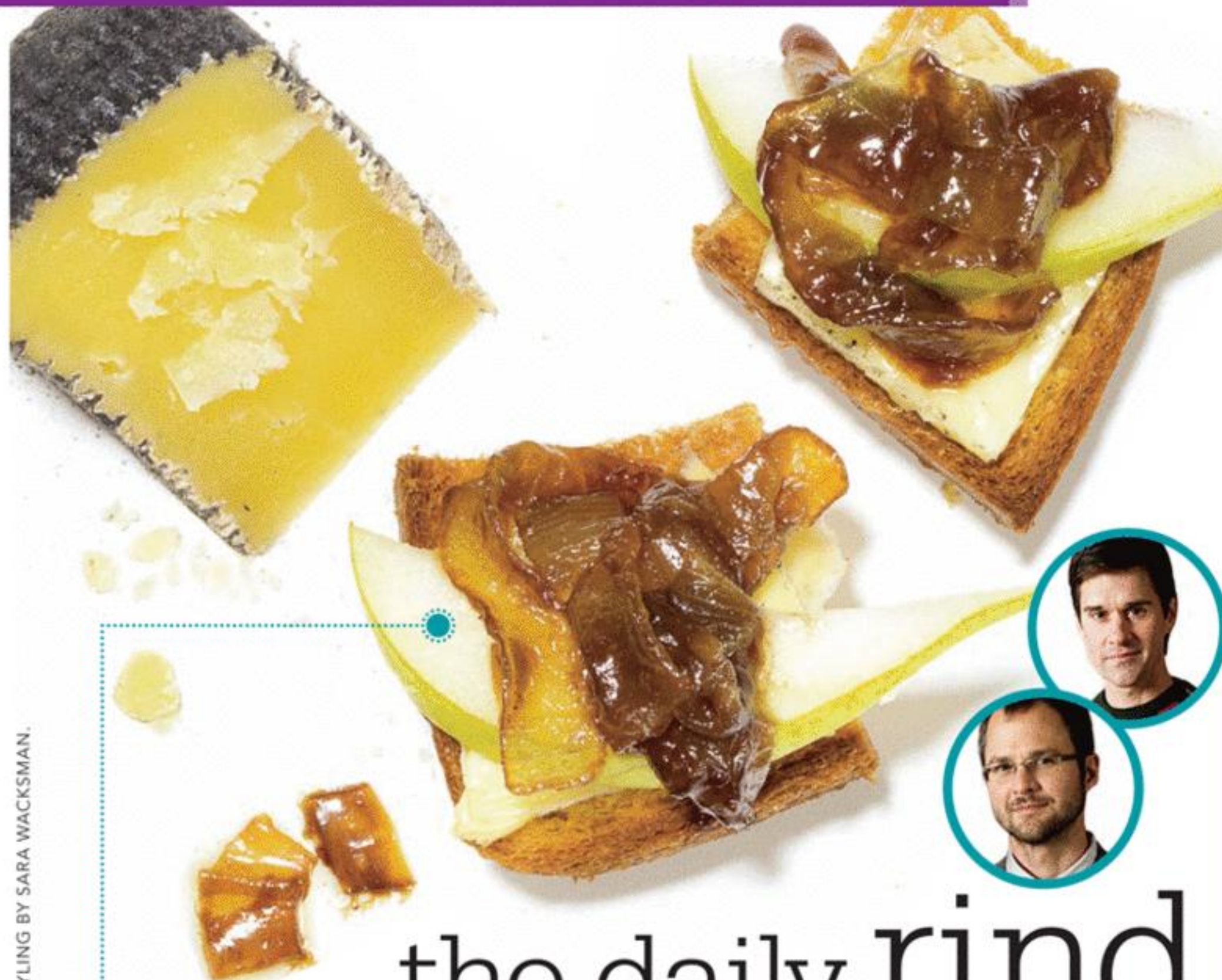


1
day
=



RACH'S NEW SHOW!

Hey, guys! This month I'm hitting the Cooking Channel with a new show, *A Week in a Day*. I'll show you **everything** you need to know to cook five nights' worth of dinners in one day. Check your local listings and tune in!



the daily rind

They may have uprooted from the busy New York City scene to a picturesque farmhouse in the boonies, but **Brent Ridge** (top)—and **Josh Kilmer-Purcell**, stars of *Planet Green's* new series *The Fabulous Beekman Boys*, still know how to work a crowd: Fill 'em up with plenty of fresh-as-possible food. These sweet onion jam crostini have slices of **Beekman 1802 Blaak cheese** (\$45, beekman1802.com), made from their own goat herd. You can substitute a hard cheese like manchego.

Cheese-and-Onion Jam Toasts

MAKES 24

In a large skillet, heat **3 tablespoons butter** over medium-low heat. Add **3 coarsely chopped large onions** (about 8 cups) and **1 teaspoon salt** and cook, stirring occasionally, until creamy and golden-brown, 35 to 40 minutes. Lower the heat to low, add **¾ cup balsamic vinegar**, **¼ cup maple syrup** and **¼ cup water** and cook, stirring occasionally, until the mixture is the consistency of jam, about 1 hour and 15 minutes. Meanwhile, preheat the broiler. In a microwavable bowl, melt **2 tablespoons butter**. Slice **1 baguette** into 24 diagonal slices. Brush the butter on one side of each slice. Arrange the bread buttered side up on a broiler pan; toast. Top each toast with **some thinly sliced manchego cheese**, a **thin pear slice** and a dollop of onion jam. Broil just until warmed through.

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MARSHMALLOW PEBBLES Slabs

- | | |
|---|---|
| 1 cup all-purpose flour | 1 egg |
| 1/2 tsp. baking soda | 3/4 tsp. vanilla |
| 1/2 tsp. salt | 1/2 cup semi-sweet chocolate chips |
| 1/2 cup (1 stick) butter or margarine, softened | 4 cups miniature marshmallows |
| 1/3 cup firmly packed light brown sugar | 2 cups POST MARSHMALLOW PEBBLES Cereal, divided |
| 1/3 cup granulated sugar | |

HEAT oven to 350°F. Combine flour, baking soda and salt.

BEAT butter and sugars together until light and creamy. Add egg and vanilla; gradually add flour mixture, beating well. Stir in chocolate chips and 1 cup cereal. Spread into greased 13x9-inch baking pan.

BAKE on center rack for 18 to 20 minutes, or until golden. Sprinkle evenly with marshmallows; return pan to oven. Bake 2 to 3 minutes longer or until puffed.

Immediately sprinkle with remaining cereal; press lightly into marshmallows, using back of large spoon. Cool in pan on wire rack. Cut into 24 slabs. Makes: 24 servings.

For more great recipes visit www.postcereals.com/recipes



EVERYDAY

Faves

shop the coolest finds



Staying on schedule just got cuter: **RumbaTime Silicone Watches** come in over 25 bright colors. \$20 each rumbatime.com

fun



Drippy cones ruining your kid's outfit? The solution: a **Motorized Ice Cream Cone**. It spins on its own! \$11 broadwaypanhandler.com



The **Chef's No. 2 Pencil Set** is the perfect kitchen cheat sheet—they're stamped with cooking definitions. \$10 for 6 paperpastries.com

faves giveaway: One lucky reader will win an HP Mini 210 Netbook! Enter at rachaelraymag.com/september.

If there were a spot in the yearbook for best-dressed laptop, the **HP Mini 210 Vivienne Tam Edition Digital Clutch Netbook** would win by a landslide. \$600 hp.com

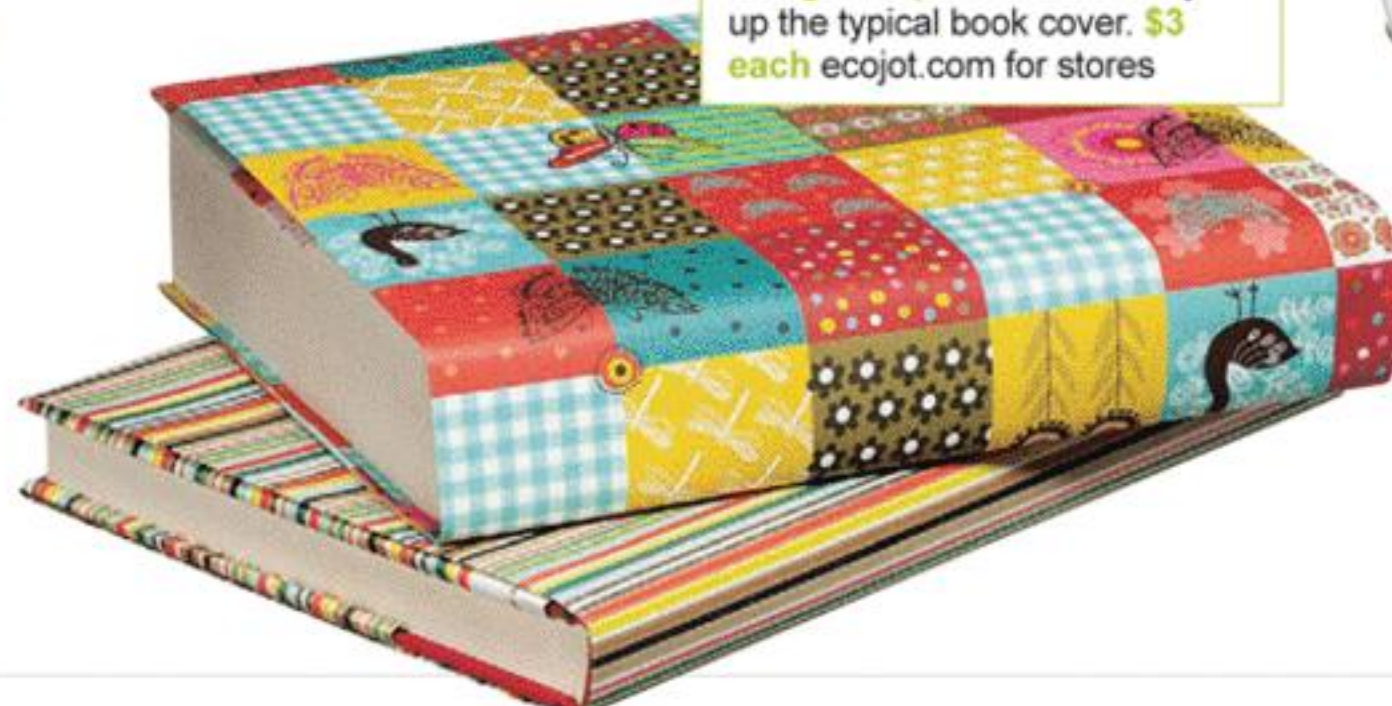


Enter to win at **win it!** rachaelraymag.com/september



The **Must-Have Mini Portable Speaker** gives you big sound, in the dorm room or on the go. Sold in four designs. \$19 pbteen.com/dorm

Skip the brown paper bags: Funky **Ecojot Gift Wrap in Rough Stripe and Quilt** will jazz up the typical book cover. \$3 each ecojot.com for stores



A stretchy silicone **Fingerprint Bookmark** points out (literally!) where you left off reading. \$10 brightandbold.com



Perfect for hanging in a locker, these **Magnetic Stickers** can hold keys, notes or pens. \$10 for 3 containerstore.com

Call John



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win it!

No purchase necessary to enter or win sweepstakes. Purchase will not improve your chances of winning. Sweepstakes are open to legal residents age 18 or older of the U.S., its territories and possessions. Closing date for Every Day Faves September sweepstakes is 11:59 p.m. (CDT) on September 16, 2010. To enter and for official rules, visit rachaelraymag.com/september. VOID WHERE PROHIBITED. Sweepstakes sponsored by The Reader's Digest Association, Inc., the publisher of Every Day with Rachael Ray.

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The natural sugar crystals in Burt's Bees Cranberry & Pomegranate Body Scrub polish away dead skin cells. \$13 target.com

EVERY DAY faves head to toe

faves giveaway: Here's something to smile about: Ten readers will win NP Set lipsticks! Enter at rachaelraymag.com/september.

The shea butter and avocado oil in NP Set Lipstick in Anna gives lips a double boost of moisture. Plus, it comes in tons of other flattering shades. \$15 target.com



TIGI's Bed Head Urban Anti+Dotes Shampoo (\$13) and Conditioner (\$14) target areas most in need of repair. tighaircare.com for salons



Lightly dot Topshop Blush in Nutmeg across the apples of your cheeks, then blend, to create a natural glow. \$12 us.topshop.com



Yes to Cucumbers Facial Towelettes are infused with aloe to gently remove dirt, sweat and makeup—without rinsing. \$6 at drugstores



The Mega Hot Brazilian Heat Tourmaline Ceramic Curling Iron (1 1/2") has six heat settings, up to 450°. \$39 amazon.com

Artist Stephan Muntaner designed three graphic Compagnie de Provence 20th Anniversary Liquid Soap bottles. \$29 lcdpusa.com



Your teen's favorite back-to-school accessory will be the Zeno Hot Spot. It kills acne-causing bacteria with just a touch. \$40 myzeno.com

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Easy solutions for everyday women

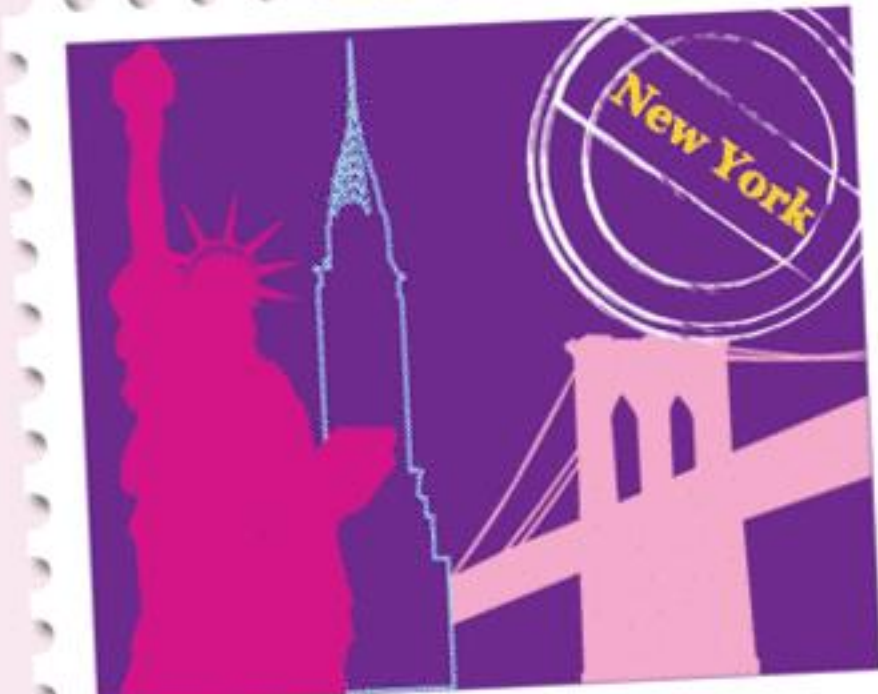


You've got challenges, we've got solutions! Check out this real-life dilemma from a real entrant in the Aussie Easy Solutions for Everyday Women Contest. Then see how easy great hair can be with a perfect recipe from Aussie celebrity stylist Sarah Potempa.

The Challenge

"My day starts at 4:30 a.m. Kids to school at 6:50, work all day, soccer coaching Tuesday through Friday night to football on Saturday and soccer on Sunday."

- **Veronica, Kane, PA**



Share your everyday challenges with us for a chance to WIN!

Tell us an everyday challenge in your life for your chance to win a trip for two to New York City, an Aussie hair and makeup makeover, your photo in *Every Day with Rachael Ray* and an *Every Day with Rachael Ray* experience.

Log on to chatandchew.RachaelRaymag.com to enter and for more details.

No purchase necessary to enter or win. Purchase will not improve your chances of winning. Contest open to legal U.S. residents 18 years of age or older at time of entry. Contest begins 12:00 AM Eastern Time (ET) August 3, 2010 and ends at 11:59 PM (ET) October 18, 2010. To enter and for official rules, visit chatandchew.RachaelRaymag.com. VOID WHERE PROHIBITED. Contest sponsored by Reader's Digest Association Inc., the publisher of *Every Day with Rachael Ray* magazine.

Sarah's Easy Hair Solution

"Why not let your hair do the work while you sleep? Here are some quick and easy ways to get some gorgeous looking waves in your hair the next morning."

INGREDIENTS:

Aussie's Aussume Volume Spray Gel, blow-dryer, bobby pins

DIRECTIONS:

1. Apply Aussie's Aussume Volume Spray Gel, twisting your hair and loosely blow-drying to start the direction of the waves.
2. Bobby-pin your hair in circular patterns away from your face. Believe it or not, the pins are easy to sleep in!
3. Pin as few as 3 curls for a loose wave or multiple curls for a tighter wave.
4. When you wake up, unpin the curls and run your hands through your hair to create beautiful movement and bounce.



MORE EASY, EVERYDAY TIPS FOR REAL WOMEN

Get out the door without the last-minute scramble with these quick reminders.

✓ TIME TRICK

Get a jumpstart by setting your alarm 15 minutes earlier. You might even have time for a second cup of coffee.

✓ SLEEP ON IT

Pick your outfit (and shoes!) the night before and avoid the morning rush.

✓ GRAB & GO

Pack a mix of your favorite cereal and dried fruit into single-serving containers for a ready-to-eat breakfast at home or on the go.

Free Gift!

Buy any Aussie product and send us your receipt along with your name and address to receive a FREE Every Day with Rachael Ray brush set.*
(See details below)



For more great hair solutions, visit hairstylounge.sheknows.com.

*Mail to Every Day with Rachael Ray,

750 Third Avenue, 3rd Floor, New York, NY 10017, Attn: Aussie Free Gift.

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Please allow 6-8 weeks for fulfillment. Offer ends May 16, 2011. For inquiries regarding this promotion, please contact us at howcoolisthat@rd.com.



Each gift box of **Baby Buffalo Socks** comes with six pairs that look like black, low-top driving shoes. **\$26.50** trumpette.com



"Oh Shoot" Reading Glasses have bamboo temples so comfy you'll forget you're wearing specs. **\$75** eyebobs.com



A timeless **Cognac Leather Wristlet** is the perfect accessory for fall. **\$40** at T.J.Maxx stores



The temperatures may be dipping, but your style will be on the rise in a **Tucker for Target Herringbone Trench**. **\$60** target.com

EVERY DAY favesstyle

faves giveaway: Ten readers will win one of my Veggie Meal Carriers! Enter at rachaelraymag.com/september.

Try my **Rachael Ray Neoprene Veggie Meal Carriers** and lunchtime will never be boring again! Available in tomato, artichoke or eggplant. **\$17 to \$19** cooking.com



Enter to win at **win it!** rachaelraymag.com/september

Essential Collection Bracelets are made of new and vintage beads, like wood, bone and onyx. **\$88 each** siscofamilyjewels.com



Update your back-to-school wardrobe, too, with a lovely **Tucker for Target Lawn Bird Blouse** (**\$25**) and **Orange Herringbone Skirt** (**\$35**). target.com

When folded up, this brown and yellow **Travel Dog Bowl** looks like a purse. **\$95** theshabbydog.com



The **Simple Hangover Laptop Bag** has a cushioned interior to protect your computer. **\$100** zappos.com



Dapper **"Miltie" Oxford Shoes in Cognac** also come in black, green and white leather. **\$130** stevemadden.com



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Her homework station will really take flight with a **Bird Corkboard** hanging from the wall. \$21 shopsiteonline.com

Dress up a school bake sale (or a cocktail party!) with a floral-inspired, three-tiered **John Derian for Target Cake Stand**. \$15 target.com



EVERY DAY faves home

faves giveaway: Five readers will win a floral-scented **Journey of the Bee** candle! Enter at rachaelaymag.com/september.

We're all abuzz about **The Journey of the Bee Candles**. The collection includes six different scents, each in a chic, matte black glass votive. \$24 jaysonhomeandgarden.com

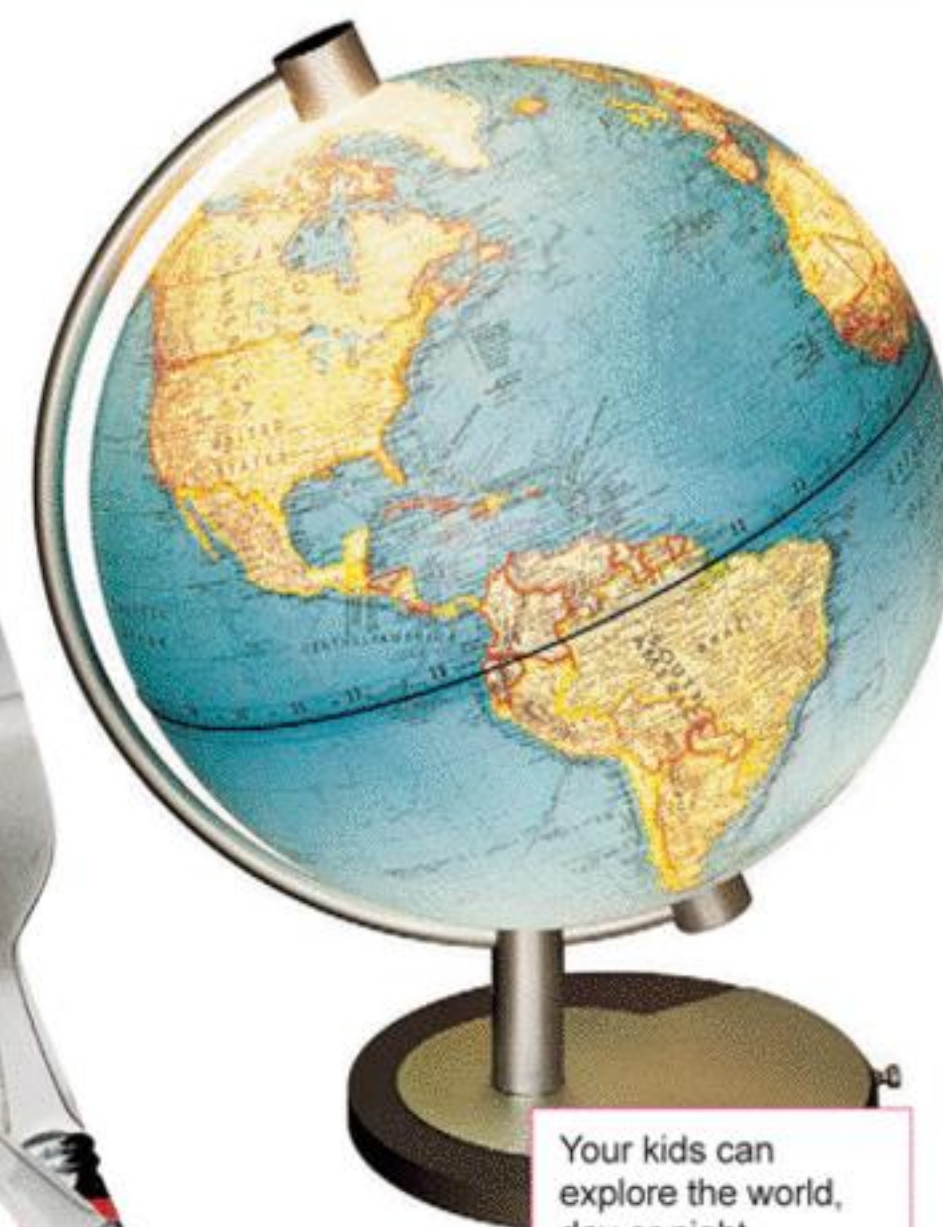


Resist the urge to pet these **Roost Dachshund Cruets**! They're shaped perfectly for easy pouring. \$49 for 2 vivaterra.com

One evening chore just got a whole lot more fun! The **Elephant Dish Brush** has stiff bristles for removing tough stains. \$9 patinastores.com



Don't worry about losing a spoon: None of the pieces in the **All Mixed Up Retro Flatware Set** match! \$35 for 16 pieces shopplasticland.com



Your kids can explore the world, day or night, with a **Light Up Desktop Globe** (11" x 14½"). \$99 potterybarnkids.com



These colorful **Giara Glass Bottles** can make even ordinary tap water look like something special. \$14 each uncommongoods.com



If crummy dorm food doesn't make your college-bound teen appreciate your hard work, a "**Dear Mom**" **Laundry Bag** will! \$15 barnesandnoble.com



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GO AWAY



in the clear

Cooking from a computer? Lay plastic wrap across the keyboard to prevent splatters. Turn the page for more kitchen tips. ➔

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113

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EVERYDAY Kitchen



master a new skill

Class is now in session—right in your own kitchen. BY DINA CHENEY

READ ALL ABOUT IT. And not in an average cookbook: Grab an extra-informative title, like *Put 'em Up!: A Comprehensive Home Preserving Guide for the Creative Cook* by Sherri Brooks Vinton. We love the I-didn't-know-I-could-make-that recipes (grape leather! prunes!). Or get the lowdown on raising a flock (and seriously impress your friends) with a little help from the hip *Homemade Living: Keeping Chickens with Ashley English*.

CLICK AND SIP. We love any class that encourages imbibing—like the ones via winespectator.com's full-access membership (\$50 for one year, \$80 for two). Courses range from simple (The ABCs of Wine Tasting) to more advanced (Wine and Food Pairing), and serve up videos and tests alongside the wine wisdom (to wit: lighter reds actually pair well with rich fish). Rather not join? Short videos and tasting materials are free.

GET (HOME) SCHOOLED. Podcasts and DVDs featuring instructors from the Culinary Institute of America walk you through lessons on knife skills and baguette making (\$5 to \$100, ciaprochef.com). Online cooking school Rouxbe (rouxbe.com), affiliated with Northwest Culinary Academy of Vancouver, offers almost 1,000 information-packed videos, plus quizzes, exercises and an online forum—for \$15 per month or \$99 per year.

tip from the EVERYDAY test kitchen

Don't discard the stems of tender summer herbs like basil, parsley and cilantro. Blend them with a little mayo, sour cream, anchovy and vinegar for a green-goddess-style dressing.

web Follow along on our blogs as we tackle an **online cooking class** at rachaelraymag.com/september.



Having a real family dinner isn't impossible. You just **need a little help.**

"With our busy schedules, the only way we can share dinner as a family is if everyone pitches in. The youngest kids set the table, my daughter makes the salad and on Wednesday nights, the guys are in charge.

Everyone feels like dinner is something they own."

-Stacy McCallister



The McCallisters took the LET'S FIX DINNER™ CHALLENGE.
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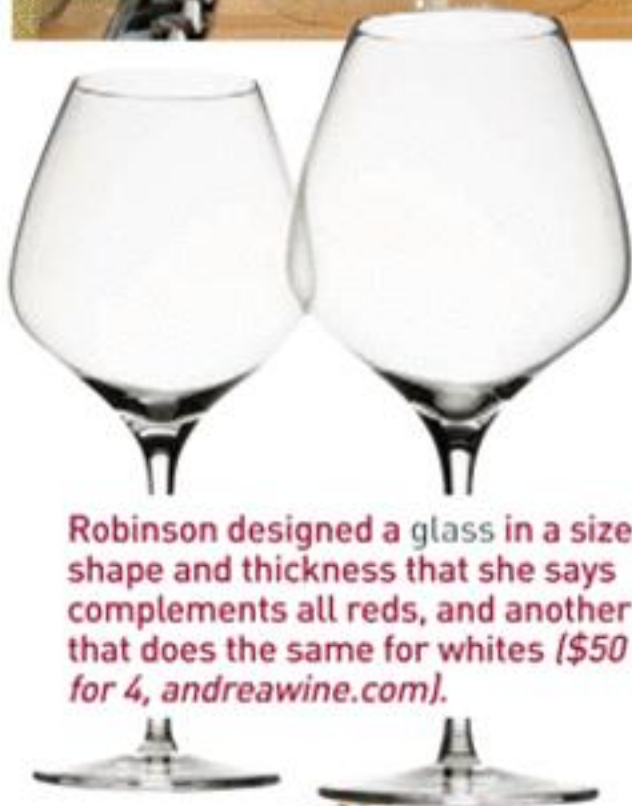


my space



NAME Andrea Robinson
OCCUPATION Master sommelier
LOCATION Napa Valley, California

The view from Andrea Robinson's kitchen is like a poster for Napa Valley tourism. A picture window and sliding glass door frame a landscape bursting with roses, azaleas and meyer lemon trees. A century-old guest cottage is draped in wisteria, and there are 3 acres of sauvignon blanc vines. The author of *Andrea Robinson's 2010 Wine Buying Guide for Everyone* spends a lot of time in this kitchen, even setting up a play area so her two youngest kids can be nearby while she preps dinner. Not surprisingly for the home of a "master" sommelier, the wine flows freely—from a 1,600-bottle cellar. "We might have four bottles open, just to taste with what we're cooking," Robinson says. —SARAH STEBBINS

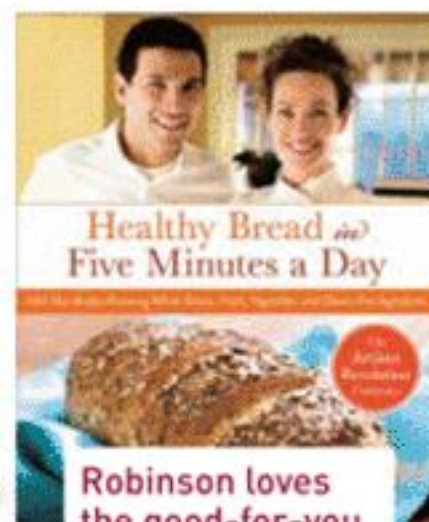


Robinson designed a glass in a size, shape and thickness that she says complements all reds, and another that does the same for whites (\$50 for 4, andrewine.com).



She uses fiber- and protein-packed quinoa instead of rice because it's "healthier and easier to cook—it never gets gummy." She mixes it with pesto for a side dish.

Robinson picked up a kiddie kitchen set and picnic table at a garage sale so her 3- and 5-year-olds could play in the actual kitchen. "They like to 'cook' when we're cooking."



Robinson loves the good-for-you recipes in *Healthy Bread in Five Minutes a Day* by Jeff Hertzberg and Zoë François. They use less white flour and refined sugar, plus a host of whole grains.



She pops popcorn ("a perfect foil" for wine) in a Presto PopLite popper (\$20, amazon.com/home), pairing toppings with wine, like thyme butter with cabernet and crushed wasabi peas with pinot grigio.

on hand

granola bars

GET INSPIRED

make a hash Stir a finely chopped granola bar into a mixture of sautéed potatoes, onions and pears. Serve alongside roasted pork.

make chicken fingers Dredge chicken breast strips in flour, beaten egg and a combo of finely chopped granola bars and breadcrumbs. Spray with vegetable oil spray and bake.

make a cream pie Pulse granola bars, graham crackers, cinnamon and melted butter in a food processor and press into a pie pan. Top with sliced bananas and vanilla pudding.



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Susanna Volini
al fresco Executive Chef

Susanna Volini
Executive Chef



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BY KATIE BARREIRA

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» COOK IT

Okra Poppers

MAKES ABOUT 35

Fill a pot with enough oil to reach a depth of 1 inch and heat to 325° on a deep-fry thermometer. In a bowl, combine $\frac{1}{2}$ cup chopped pitted green olives with $\frac{3}{4}$ cup room-temperature cream cheese. Rinse and pat dry $\frac{3}{4}$ pound okra. Make a lengthwise slit in each pod, beginning at the tip; scrape out the ribs and seeds. Fill each pod with about 1 teaspoon of the cream cheese mixture and press the cut edges together to seal. In a shallow dish, stir together $1\frac{1}{2}$ cups fresh breadcrumbs, 2 teaspoons chopped oregano and 1 teaspoon salt; place $\frac{1}{2}$ cup flour in a second shallow dish and 1 egg beaten with a splash of water in a third shallow dish. Working with 1 okra at a time, coat with the flour, dip in the egg, then coat with the seasoned breadcrumbs. Working in batches, fry the okra until golden, 2 to 3 minutes. Using a slotted spoon, transfer to paper towels to drain.

» TRY IT

Make a quick pickle: Bring a solution of water, white wine vinegar and sugar to a boil; pour over whole okra pods and sliced jalapeño chiles and let cool before refrigerating for up to 1 week. ✱ Sprinkle okra slices with chili powder, then roast or sauté and use as a pizza topping. ✱ Steam whole pods, season with salt and serve with melted butter or mayonnaise for dipping. ✱ Slice, pat dry, dust with seasoned flour and sauté over high heat. ✱ Braise whole pods in tomato sauce. ✱ Toss whole pods with extra-virgin olive oil, salt and cumin, then thread onto skewers and grill until just charred; serve with lemon wedges. ✱ Stir slices into soups during the last 5 to 10 minutes of cooking to thicken the broth. ✱ Dip whole pods into beaten eggs, then coat with cornmeal and deep-fry for a crunchy snack. ✱ Sauté slices until crisp-tender to use as an omelet filling along with bacon and cheddar cheese.

taste test: Sandwich Bread

BY DINA CHENEY | PHOTOGRAPH BY LUCAS ZAREBINSKI



BEST WHITE Nature's Pride Country White

"Like the white bread I remember from my childhood—only better," commented one of our tasters. Instead of corn syrup and trans fats, this light, buttery-sweet loaf is made of the same easy-to-pronounce ingredients our grandmothers used: buttermilk, butter, sugar, honey and barley malt. "It's like an airy cloud, and the crust has just enough toothsome bite," raved one panelist. (\$3 for 24 ounces, at grocery stores)



BEST WHOLE WHEAT Pepperidge Farm Whole Grain 100% Whole Wheat

This "earthy" crowd-pleaser with a "crunchy" crust is made with 100 percent whole wheat flour (it's the first ingredient) and boasts 4 grams of dietary fiber per slice. A touch of honey and molasses adds a mild caramel flavor and moistness. Noted one judge, "It doesn't taste dry, like most whole wheat breads do." (\$3.84 for 24 ounces, at grocery stores)



BEST MULTIGRAIN Rudi's Organic Bakery 14 Grain

The ingredient list reads like a who's who of healthy grains: Barley, quinoa, kamut and amaranth are among those represented. Yet with such a "nutty" flavor and "tender" texture, you'd never peg this as a good-for-you loaf. "This is truly stealth health," one panelist commented after learning the bread is packed with organic ingredients. (\$4.39 for 19.6 ounces, at select grocery stores)



BEST RYE Alvarado Street Bakery Sprouted Rye Seed

Want to take your pastrami sandwich to the next level? Pile the meat on this bread, made with sprouted rye seeds and wheat berries. Loaded with dill weed, caraway and celery seeds, this "complex-tasting bread is like a circus of flavors in your mouth!" (\$4.14 for 24 ounces, at select grocery stores)



BEST SWEET Cinnabon Cinnamon

"Someone shoved a cinnamon roll into a bag of bread," one taster joked after biting into this "rich, buttery" treat. Laced with cinnamon, the thick, "melt-in-your-mouth" slices would work as an indulgent breakfast—or dessert. Panelists imagined toasting the bread and topping it with cream cheese or apple butter. (\$3.33 for 16 ounces, at grocery stores)



Put your slices to good use! Find more than 50 sandwich recipes at rachelraymag.com/september.



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The Super-Saver's Guide to Dollar Stores

In the last two years, the number of shoppers who buy groceries at dollar stores has shot up 500 percent—but not *everything* in the store is a steal. Put these five savvy habits into practice to keep the savings coming.

BY ALICE GARBARINI HURLEY

1 Don't believe everything is a steal.

"Many people think dollar stores guarantee huge savings, but this isn't always the case," says Teri Gault, of thegrocerygame.com. First of all, only 23 percent of merchandise at these stores actually rings up at a dollar or less! Also, some items, such as candy, snacks and cereal—even if they are a dollar—are more expensive per serving than supermarket offerings. "The idea that everything in the store is cheap makes shoppers more likely to mindlessly purchase items without considering value," adds Art Markman, a psychology professor at the University of Texas at Austin. Snap out of the haze by figuring out the cost per serving and comparing it with the usual supermarket price. Doing a little math will make you less likely to be manipulated by marketing ploys.

2 Make a list—but keep it vague.

A list is the best weapon against impulse spending, but the ever-changing inventory at dollar stores makes it hard to stick to a too-specific plan. Instead of skipping the list altogether, Stephanie Nelson, author of *The Coupon Mom's Guide to Cutting Your Grocery Bills in Half*, recommends jotting down general categories, like canned goods and kitchen cleaning supplies. Looking for items only in those categories will help you avoid buying things you don't need.

3 Read ingredient lists.

"In order to buy and sell cheap, some dollar stores may sacrifice ingredient quality when selecting merchandise," says Tom Pirko, of retail consulting company Bevmark. Check the label for what should be the obvious main



DID YOU KNOW...? Most genuine dollar stores, where products ring up at a dollar or less, don't accept manufacturers' coupons, since store prices are already at rock bottom. But stores that use the "dollar" term loosely and stock more expensive items generally do honor coupons.

ingredient, such as milk in a dairy product. In lesser-quality versions, hydrogenated oil might be used instead. In subpar packaged meat items, soy protein might be used instead of meat, says dietitian Delia Hammock. "Be selective because products become economical courtesy of additives and fillers," she adds.

4 Skip the produce section.

Dollar stores are at the bottom of the food chain, Pirko says. This means they usually get last pick—after supermarkets, convenience stores and even gas stations—from distributors. Translation: The produce is far from peak. Plus, it's rare to find the deep-discount seasonal promotions that grocery stores have. "You're likely to get fresher produce at the supermarket—and if you stick to specials, you'll get a better price

per pound, too," Pirko says. If you *do* come across unbeatable produce deals, stick to long-lasting staples like cabbage, onions and apples, and be sure to inspect your goods for bruising or mold.

5 Check the expiration date and be realistic about what you'll use.

Since most dollar-store merchandise comes from manufacturer closeouts and overstocks, it probably sat in warehouses before hitting store shelves, Pirko says. Inventory moves quickly, however, so typically there won't be expired products. Still, you may find you only have a few days before the jig is up. When it comes to buying in bulk, check the expiration date before deciding how much to buy. And avoid any packages that look beat up or stained—these are signs that the contents have seen better days.



PHOTO, GETTY IMAGES.



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Take It Easy

Some of the biggest convenience-food innovations to hit stores have had a long shelf life. Here's a roundup of the top paycheck-friendly time-savers of all time—plus a new prefab fave we expect to stick around. —ASHTON KEEFE



1897 Campbell's Soup brings cheap condensed soup to the masses. Chicken, Tomato and Vegetable are among the original five flavors.



1937 With more women working outside the home, Kraft comes to the rescue with boxed Macaroni-and-Cheese, advertised to families as a meal for four in seven minutes flat.

1947 General Mills hops on the shortcut bandwagon, offering the first "just add water and mix" cake—made by Betty Crocker.



1954 The TV dinner from C.A. Swanson & Sons lands in living rooms everywhere, selling an estimated 10 million trays of turkey, cornbread, peas and sweet potatoes in the first year.

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1957 Although Nestlé claims the rights to the first chocolate chip cookie recipe, Pillsbury releases the first slice-and-bake version.

Pillsbury Slice'n Bake Cookies



1981 The '80s health craze creates a demand for low-fat foods, and Lean Cuisine frozen entrées are born. Fish Florentine and Zucchini Lasagna are among the first 10 flavors.



1996 Fresh Express introduces the all-in-one salad kit. First up? Chicken Caesar, which contained romaine, diced chicken, dressing and herb garlic toast.



2010

McCormick's Recipe Inspirations bundles premeasured spices, allowing home cooks to try out classic spice-filled dishes without spending on multiple bottles of spices.



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Lunch Totes

Brown-bagging it can save your family tons of money, but disposable sacks aren't very eco-friendly. These reusable gems keep food cold longer and make lunchtime convenient, waste-proof and stylish!

BY VIVIAN JAO | PHOTOGRAPHY BY LUCAS ZAREBINSKI

1
the
grade-
school
tyke

2
the
picnic
enthusiast

3
the
fashionable
teen

4
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working
mom

5
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outdoorsy
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- (1) **SKIP HOP ZOO LUNCHIES INSULATED LUNCH BAG**
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DOWNSIDE Exterior stains easily; spilled liquids can leak through.
- (2) **CALIFORNIA INNOVATIONS HI-TOP POWER PACK PLUS**
\$7 *Walmart stores*
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DOWNSIDE Spilled liquids can leak through.
- (3) **BUILT GOURMET GETAWAY LUNCH TOTE**
\$22 and up *builtny.com*
UPSIDE Available in nine stylish prints; machine-washable; comfortable, soft handles; surprisingly spacious when open; PVC-free.
DOWNSIDE Expensive; light-colored patterns stain easily; spilled liquids can leak through.
- (4) **RACHAEL RAY TIC TAC TOTE**
\$15 *rachaelray.com* [available in October]
UPSIDE Practical tote-bag style with pockets; large capacity; includes two plastic food containers and an ice pack/hot pack; leakproof; lead-, BPA- and PVC-free.
DOWNSIDE Lining retains odor.
- (5) **COLUMBIA WILD CANYON HARDBODY THERMAL PACK**
\$18 *kohls.com*
UPSIDE Large capacity; removable hard plastic liner protects delicate foods; odor-resistant; easy-to-clean, leakproof lining; padded, adjustable shoulder strap; two-zipper compartment for easy unpacking.
DOWNSIDE No top handle; exterior and interior stain easily.

TURN FOR THE RECIPE ➔

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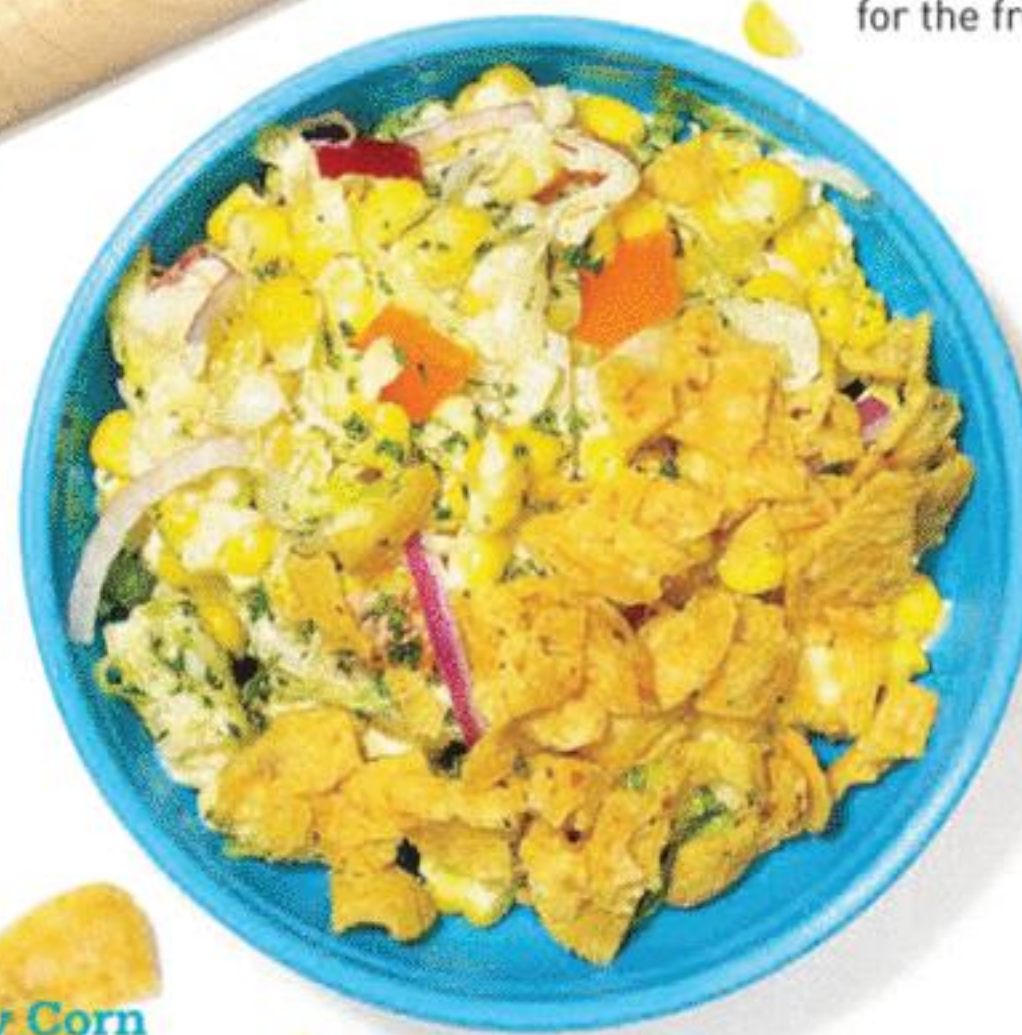
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WELL EQUIPPED

make this
FOR YOUR LUNCH TOTE



tip Want to make this recipe even quicker? Substitute a defrosted 1-pound bag of frozen corn kernels for the fresh corn.



Cheesy-Spicy Corn and Corn Chip Salad

SERVES 4 PREP 10 MIN

- 2 cups shredded monterey jack cheese
- ½ head iceberg lettuce, shredded
- 8 ears corn, cooked, kernels sliced off the cob
- 2 red or orange bell peppers, chopped
- 2 chopped jalapeño chiles
- ½ cup thinly sliced red onion
- ½ cup mayonnaise
- ¼ cup chopped cilantro or parsley
- Salt and pepper
- 3 cups corn chips, such as Fritos, crushed

1. In a large bowl, mix the cheese, lettuce, corn, bell peppers, jalapeños, onion, mayonnaise and cilantro; season with salt and pepper. Put into individual plastic serving containers, cover with a lid and refrigerate for up to 2 days.
2. Just before serving, top the salad with the corn chips.



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Recipe Makeover

We cut a naughty baked pasta dish down to size.

BY TRACEY SEAMAN | PHOTOGRAPH BY CON POULOS

change is good

Veg out! Mushrooms satisfy the taste for savory, so you won't miss the meat.

Swap in reduced-fat cheese (and use less of it) to slash fat and calories.

Use fewer layers of pasta to keep carbs in check.

Kinda-Classic Lasagna

SERVES 6 PREP 45 MIN BAKE 45 MIN

2½ tablespoons extra-virgin olive oil

1 pound cremini mushrooms, thickly sliced

Salt and pepper

2 large cloves garlic, chopped

One 28-ounce can crushed tomatoes

Nine 8-inch lasagna noodles

1 cup reduced-fat cottage cheese

1 egg white

¼ cup plus 2 tablespoons finely grated parmesan cheese

6 ounces part-skim mozzarella cheese, shredded

1. Heat a large skillet over medium heat. Add 1 tablespoon olive oil and half the mushrooms, season with salt

and cook, stirring occasionally, until browned, about 5 minutes; transfer to a bowl. Repeat with 1 tablespoon oil and the remaining mushrooms.

2. In the same skillet, heat the remaining ½ tablespoon olive oil and the garlic over medium-low heat and cook for 1 minute. Stir in the tomatoes and cook, stirring, until thickened, about 10 minutes. Stir ¾ cup of the tomato sauce into the mushrooms; season with pepper.

3. Meanwhile, preheat the oven to 400°. In a large pot of boiling, salted water, cook the pasta until al dente. Drain and rinse with cold water.

4. In a food processor, puree the cottage cheese, egg white and ¼ cup parmesan. Season with pepper.

5. Grease a 9-by-11-inch baking dish and spread ¾ cup of the remaining tomato sauce in the bottom. Place 3 noodles on the sauce and spoon half the mushrooms on top; dot with half the cottage cheese mixture. Top with a third of the mozzarella. Repeat with another layer of noodles, the remaining mushrooms, the remaining cottage cheese mixture and another third of the mozzarella. Top with the remaining noodles and 1 cup of the tomato sauce.

6. Cover the lasagna with foil and bake for 40 minutes. Remove the foil and top with the remaining 2 tablespoons parmesan and the remaining mozzarella and bake until melted, about 5 minutes. Dollop with the remaining tomato sauce.

web

We've lightened up more recipes at rachaelraymag.com/september.



myth of the month

"98% lean" ground beef means that only 2 percent of the meat's calories come from fat. THE REAL DEAL That percentage is based on weight. An 8-ounce burger, for example, has only 4.5 grams of fat, but that makes up 13.5 percent of its calories.

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Old School...New School

Classic dishes aren't born, they're made—time and time again. This month, we celebrate how tacos have touched our taste buds, and our lives.

BY LIZ PEARSON



READER'S STORY

Growing up in Chihuahua, Mexico, Armando Araiza **never took his mother's beef tacos for granted.** "Meat was expensive—not something we had every day," the 71-year-old says. When he moved to Los Angeles in 1962, Araiza tried his hand at her recipe, but "the only thing I knew how to cook was eggs," he laughs, "and my first tacos didn't come out like hers." He kept at it, and now he turns out dozens at a time to feed his eight grandchildren in Austin, Texas, who know them as "Grandpa's famous tacos."

WANT ARMANDO'S RECIPE?

Visit rachaelraymag.com/september.



RACH'S STORY

"I feel that tacos and much of Mexican cuisine are misunderstood. I, for one, have broadened my taco horizon substantially in the last decade or so. **Tacos can be soft, crunchy, light and delightful, or rich and comforting.** They are limitless, like a blank sheet of paper. Because everybody has fun eating with their hands, tacos are always a good-time menu item for gathering together family and friends." For Rach's new-school twist on tacos, and to let her make over your dish, visit rachaelraymag.com/september.

Photographer Bob Henderson

claims to have invented "pretentious fine-art taco photography." Three of his black-and-white prints will set you back \$32 (henderob.com), about the tab for 54 of the 59¢ tacos he photographs.

The **cast-iron comal** is traditionally used to griddle tortillas. But it also turns out a mean grilled cheese sandwich. (\$25; melissaguerra.com)

In **Demolition Man**, the 1993 futuristic sci-fi thriller starring Sylvester Stallone, Wesley Snipes and Sandra Bullock, Earth's inhabitants are out of luck if they don't like Mexican food. The only restaurant that has survived in 2032 is Taco Bell.

Can't decide between crispy or soft? Head to San Antonio, where puffy tacos, a wildly delicious hybrid of both, are practically a way of life. **Henry's Puffy Tacos** put them on the map in 1978.

You have Philly's Jack & Jill Ice Cream Company to thank for the original **Choco Taco**. Their taco-shaped cone, filled with ice cream and dipped in chocolate and nuts, was first sold in the '80s and is now brought to you by Klondike.

Posh or not, **L.A.'s Pink Taco** has been a favorite birthday party spot for the Beckhams, who celebrated Victoria's 34th and son Brooklyn's 9th there.

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Chicken Sausages with Cabbage-Apple Slaw

SERVES 4 PREP 15 MIN COOK 5 MIN

- ¾ pound green cabbage, thinly sliced (3 cups)
- 2 apples, such as granny smith and mcintosh, cut into matchsticks
- ¼ cup cider vinegar
- ¼ cup buttermilk
- 4 teaspoons grainy mustard
- 2 teaspoons sugar
- Salt and pepper
- 1 tablespoon extra-virgin olive oil
- 4 fully cooked chicken sausage links (about 9 ounces), halved lengthwise

1. In a bowl, combine the cabbage and apples. In another bowl, whisk together the vinegar, buttermilk, mustard and sugar; season with salt and pepper. Toss with the cabbage.
2. In a skillet, heat the olive oil over medium-high heat. Prick the skin side of the sausages with a fork, add to the skillet and cook, turning once, until browned, about 5 minutes. Serve with the cabbage-apple slaw.



\$2.29
per person

THE RECEIPT

Green cabbage	\$0.90
Apples	\$1.58
Cider vinegar	\$0.12
Buttermilk	\$0.14
Grainy mustard	\$0.26
Sugar	\$0.02
Extra-virgin olive oil	\$0.16
Chicken sausages	\$5.99

TOTAL: \$9.17

Salt and pepper are freebies.



\$2.34

per person

THE RECEIPT

Extra-virgin olive oil	\$0.32
Onion	\$0.69
Long-grain rice	\$0.40
Vegetable broth	\$2.00
Collard greens	\$3.49
Dried thyme	\$0.35
Canned black-eyed peas	\$1.98
Cider vinegar	\$0.12

TOTAL: \$9.35

Salt and pepper are freebies.

Hoppin' John Stew

SERVES 4 PREP 10 MIN COOK 35 MIN

- 2 tablespoons extra-virgin olive oil
- 1 large onion, chopped
- 1 cup long-grain rice
- One 32-ounce container (4 cups) vegetable broth
- 1 bunch collard greens, stems discarded and leaves coarsely chopped
- 1 teaspoon dried thyme
- Two 15.5-ounce cans black-eyed peas, rinsed
- 3 tablespoons cider vinegar
- Salt and pepper

1. In a large saucepan, heat the olive oil over medium-high heat. Add the onion and cook, stirring occasionally, until softened, about 5 minutes. Stir in the rice and cook, stirring often, until lightly toasted, about 5 minutes. Stir

in the vegetable broth, collard greens and thyme. Bring to a boil, then lower the heat to medium-low, cover and cook for 15 minutes.

2. In a small bowl, coarsely mash 1 cup black-eyed peas. Add them to the pot along with the remaining black-eyed peas and 3 cups water and simmer until the rice is tender, about 10 minutes. Stir in the vinegar and season with salt and pepper.



tip frozen assets

Freeze the stew in single-serving portions. When ready to use, thaw in the refrigerator, then heat in a saucepan over medium heat.

Q:

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Bacon-Cantaloupe Wraps

SERVES 4 PREP 15 MIN COOK 10 MIN

- 1 pound bacon
- 2 tablespoons red wine vinegar
- 1 teaspoon sugar
- 1 teaspoon dijon mustard
- Pepper
- ¼ cup mayonnaise
- 4 large flour tortillas
- Half of a 4-pound cantaloupe,
peeled and very thinly sliced
- ¼ cup finely chopped red onion
- 1 head green-leaf lettuce,
cut into ribbons

1. In a large skillet, cook the bacon over medium heat until crisp; drain, reserving 3 tablespoons of the bacon fat in the skillet. Whisk in the vinegar, sugar and mustard; season with pepper. Transfer to a medium bowl. Finely chop the bacon.

2. Spread the mayonnaise evenly on the tortillas. Layer with the bacon, cantaloupe (placed horizontally), onion and 2 cups lettuce. Roll up the tortillas lengthwise; secure with toothpicks and cut in half. Add the remaining lettuce to the bowl of dressing and toss. Serve the wraps with the salad.

THE RECEIPT

Bacon	\$3.00
Red wine vinegar	\$0.17
Sugar	\$0.01
Dijon mustard	\$0.03
Mayonnaise	\$0.35
Flour tortillas	\$1.30
Cantaloupe	\$1.25
Red onion	\$0.12
Lettuce	\$1.00

TOTAL: \$7.23

Salt and pepper are freebies.

\$1.81
per person





THE RECEIPT

Extra-virgin olive oil	\$0.16
Onion	\$0.69
Mushrooms	\$1.49
Canned tuna	\$3.00
Mayonnaise	\$0.18
Cheddar cheese	\$1.77
Milk	\$0.12
Eggs	\$0.37
Flour	\$0.04
Butter	\$0.18

TOTAL: \$8.00

Salt and pepper are freebies.

Tuna Melt Pie

SERVES 4 PREP 25 MIN BAKE 35 MIN

- 1 tablespoon extra-virgin olive oil
- 1 large onion, finely chopped
- 6 ounces mushrooms, chopped
- Four 5-ounce cans tuna, drained
- 2 tablespoons mayonnaise
- 6 ounces cheddar cheese, shredded (about 1½ cups)
- ¾ cup milk
- 3 eggs, lightly beaten
- ¼ cup flour
- 2 tablespoons butter, melted

1. Preheat the oven to 450°. In a large skillet, heat the olive oil over medium-high heat. Add the onion and cook, stirring often, until softened, about 5 minutes. Add the mushrooms and cook, stirring occasionally, until they've released and absorbed most of their juices, about 5 minutes.

2. In a large bowl, combine the tuna and mayonnaise, breaking up the tuna. Stir in the onion-mushroom mixture, then stir in two-thirds of the cheese.

3. In a small bowl, whisk together the milk, eggs, flour and butter; stir into the tuna mixture. Transfer to a 10-inch deep-dish pie pan and bake until browned, about 35 minutes. Top with the remaining cheese and broil until the cheese has melted.



tip frozen assets

Wrap the baked pie in foil and freeze. To serve, thaw in the refrigerator, then bake in a 350° oven for 20 minutes or until warmed through.

Q:

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Italian-Style Chicken

Rach's pal **Daisy Martinez** draws inspiration from a memorable dish found on her travels and re-creates it at home.

Every Day with Rachael Ray's Christina Stanley-Salerno (left) dishes with Daisy.



behind the recipe

Christina: So what was the inspiration behind this dish?

Daisy: A trip to Buenos Aires, where everything is Italian-centric. We ate meat three times a day there, so we went on a chicken break at one of the Italian restaurants.

C: I like how you seal in the stuffing. You don't use toothpicks, which are a pain.

D: Yes, pounding the ends of the chicken breasts does the trick. It's so much easier than tying the chicken with string or skewering it with toothpicks. By the time you've removed those things, the food is cold!

C: Can you make this dish ahead of time?

D: Absolutely! You can stuff the chicken breasts and freeze them for up to even a month in advance.

C: What other sides would you serve with this dish?

D: In Argentina it was served with a simple garlic-oil pasta. I also like to pair it with a colorful spinach rice or classic roasted potatoes. Any starch would be a nice accompaniment—just nothing too overpowering.

Provolone-and-Apricot-Stuffed Chicken

SERVES 6 PREP 20 MIN COOK 25 MIN

- 6 skin-on chicken breast halves, trimmed off the bone
- Salt and pepper
- 6 slices provolone cheese
- 9 dried apricots, halved crosswise
- $\frac{3}{4}$ cup flour
- 3 tablespoons extra-virgin olive oil
- 2 sprigs fresh rosemary
- 1 cup dry white wine
- Juice of 1 lemon
- 3 tablespoons unsalted butter
- 6 cups cooked white rice

1. Preheat the oven to 350°. Using a knife, split each chicken breast horizontally, being careful not to cut all the way through, then lay flat. Place between 2 sheets of plastic wrap. Using a meat mallet, pound the breasts $\frac{1}{2}$ inch thick.
2. Season the chicken with salt and pepper. Place a slice of provolone on each breast, then top with 3 apricot halves. Fold to enclose and cover with a sheet of plastic wrap; pound the edges together to seal. Coat the breasts with flour.
3. In a nonstick skillet, heat the olive oil over high heat. Add the chicken breasts and rosemary and cook, turning once, until golden, 2 to 3 minutes. Transfer to a rimmed baking sheet; discard the rosemary.
4. Add the white wine and lemon juice to the same skillet and cook, scraping up any bits, over medium-high heat for 2 minutes. Stir in the butter until melted. Pour the sauce over the chicken, cover with foil and bake for 10 minutes; uncover and bake until the sauce is thickened, about 10 minutes more. Serve with the rice; sprinkle with pepper.

"My mouth waters at the idea of salty chicken and provolone with sweet apricots." —DAISY

RECIPE PHOTO BY CHARLES MASTERS; FOOD STYLING BY SUSAN OTTAVIANO FOR HALLEY RESOURCES; PROP STYLING BY TIZIANA AGNELLO; PORTRAIT BY STEPHEN SCOTT GROSS; PROP STYLING BY VICKI PETRO CONROY; WARDROBE STYLING BY TARYN SMITH; MAKEUP BY SARA JOHNSON; HAIR BY VIOLETTE TONUZI.



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*Calorie count doesn't include toppings. But at 110 calories per bagel, top away.



Thomas'® Bagel Thins™ bagels are full of the soft, bagel taste you crave, in a delicious light texture. Try them in Plain, 100% Whole Wheat, and Everything. You might even say they're just what you've been looking for.



Thomas'® Plain
Bagel Thins™

Calories
110

Fiber
4g

Fat
1g

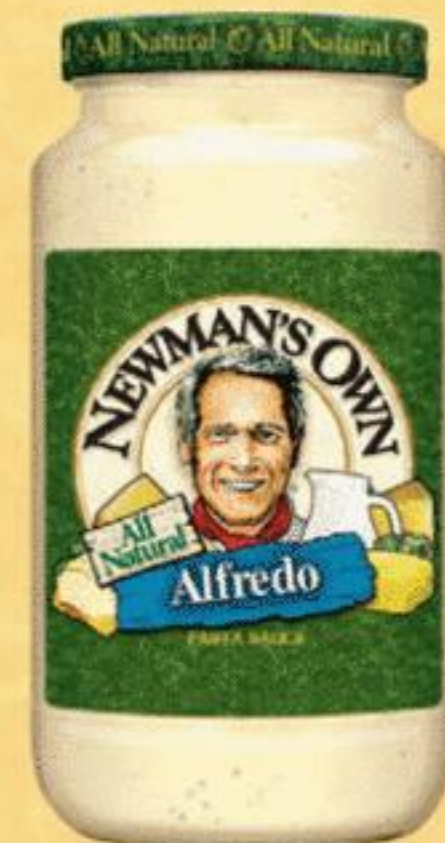
www.thomasbagelthins.com

If pasta could fantasize, this would be
noodle nirvana.



Newman's Own® All-Natural Alfredo Sauce.

Sure, all that fresh Italian cheese, crushed garlic, cracked black pepper and real cream is a bit decadent. We didn't skimp a bit with the all-natural ingredients. Which makes you think, if a noodle could use its noodle, Newman's Own Alfredo would have to be its fantasy.



ALL PROFITS TO CHARITY.

NEWMAN'S OWN FOUNDATION CONTINUES PAUL NEWMAN'S COMMITMENT TO DONATE ALL PROFITS TO CHARITY.

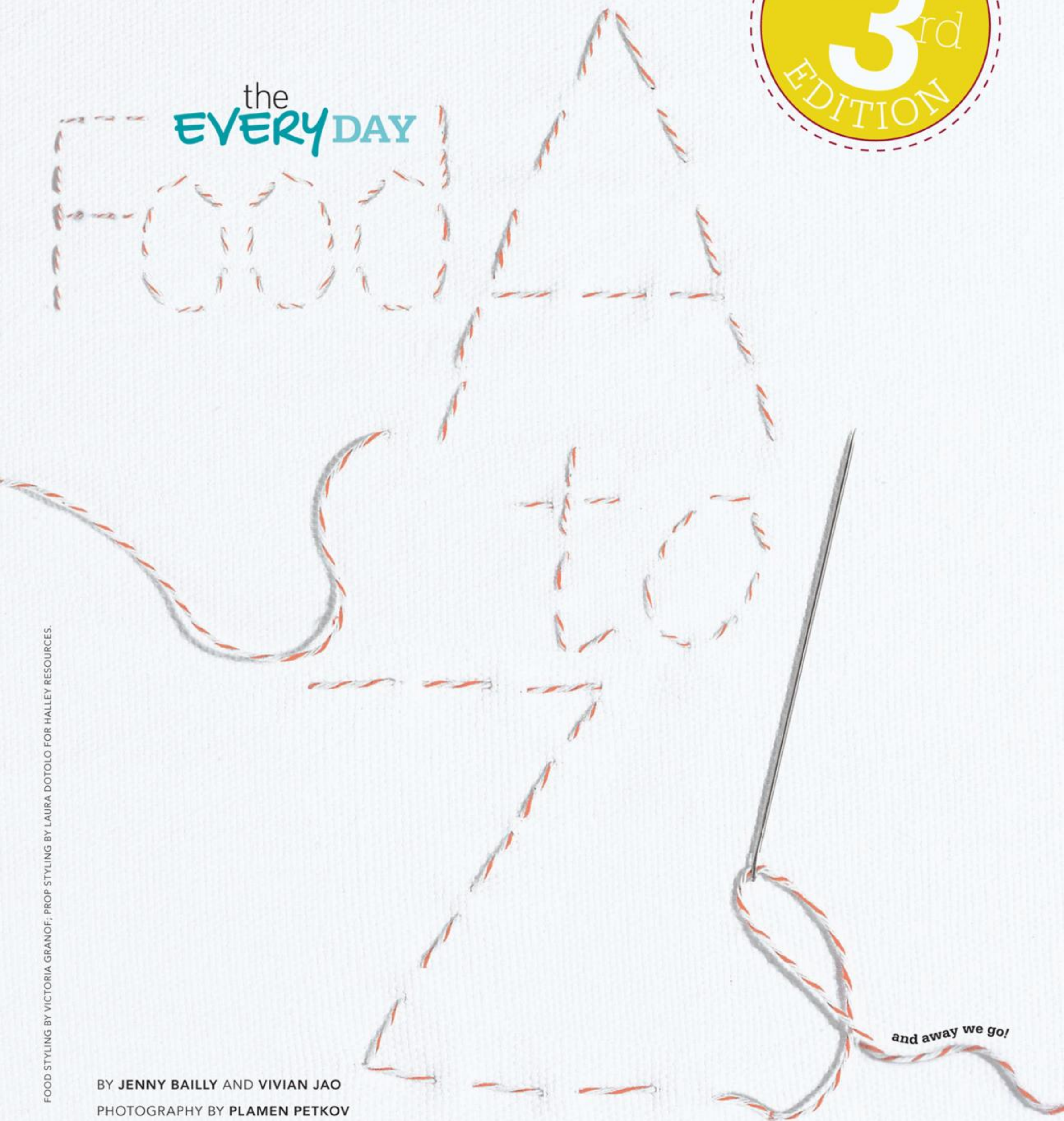
OVER \$280 MILLION HAS BEEN GIVEN TO THOUSANDS OF CHARITIES SINCE 1982.

LEARN MORE ABOUT OUR MISSION AT WWW.NEWMANSOWNFOUNDATION.ORG.

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magazinesdownload.com



the EVERY DAY



FOOD STYLING BY VICTORIA GRANOF; PROP STYLING BY LAURA DOTOLLO FOR HALLEY RESOURCES.

BY JENNY BAILLY AND VIVIAN JAO
PHOTOGRAPHY BY PLAMEN PETKOV

you **ask**,
we answer

Ever since we launched Talk on rachaelraymag.com, we've been hooked on your cooking conversations in the forums. We want to see you more in the magazine, too. Starting in February, our test kitchen will tackle your dilemmas as part of a new column, **Test Kitchen Challenge**. So if you need help from our food team, roll up your sleeves and post away at rachaelraymag.com/september.



DIANA
TEST KITCHEN
DIRECTOR



TRACEY
TEST KITCHEN
DIRECTOR



KATIE
TEST KITCHEN
ASSOCIATE

a classic **cheese** sauce

Before it was jarred, powdered, canned, condensed or squeezed from a nozzle, this versatile sauce was stirred up from scratch in, oh, less than 10 minutes. Our simple recipe will transform you into a cheese whiz in no time.

Three-Cheese Sauce

In a heavy saucepan over medium-high heat, stir **3 tablespoons flour** into **3 tablespoons melted butter** and cook, stirring constantly, for 2 minutes. Gradually whisk in **1 cup heavy cream** until smooth, then whisk in **2 cups milk**. Simmer gently until the sauce is thick enough to coat a spoon, about 5 minutes. Remove from the heat and whisk in **2½ cups grated sharp cheddar cheese**, **4 ounces cubed cream cheese** and **¼ cup grated parmesan cheese** until melted and smooth. Season with **salt** and a **pinch ground cayenne pepper**.



breaking bread

It's obviously one of life's simple pleasures. But bread's also our hardest-working ingredient. With the following guide, you won't miss a single crumb of its potential.



hunk

Dip into extra-virgin olive oil and eat with briny olives
Float in a bowl of hot soup
Tear from a warm loaf while walking



slices

Bathe in beaten egg and fry into french toast
Stack into a double-decker sandwich
Turn into chic toast points and spread with pâté



cubes

Toast into garlicky croutons
Season and stuff into your bird of choice
Toss into a panzanella salad

coarse crumbs

Drizzle with butter, then toast and scatter over pasta
Sprinkle with parsley on broiled fish
Stir into a soup to thicken



fine crumbs

Roll up with ground beef into tender little meatballs
Coat fish or poultry for the crispiest cutlets
Dust inside a cake pan for easy removal





Your child could be

oneless
person affected by HPV disease.



Now you can help protect both your son and daughter with GARDASIL.

Because HPV disease can impact males and females.

There are over 30 types of human papillomavirus (HPV) that will affect an estimated 75% to 80% of males and females in their lifetime. For most, HPV clears on its own. But, for 30 women a day in the US (about 11,000 women a year), certain types of HPV lead to cervical cancer.

Other types of HPV can cause genital warts in both males and females. It is estimated that each minute in the US, there is a new case of genital warts.

GARDASIL is the only HPV vaccine that helps protect against 4 types of HPV. In girls and young women ages 9 to 26, GARDASIL helps protect against 2 types of HPV that cause about 75% of cervical cancer cases, and 2 more types that cause 90% of genital warts cases. In boys and young men ages 9 to 26, GARDASIL helps protect against 90% of genital warts cases.

GARDASIL may not fully protect everyone. GARDASIL does not prevent all types of cervical cancer, so it's important for women to continue routine cervical cancer screenings. GARDASIL does not treat cervical cancer or genital warts. GARDASIL is given as 3 injections over 6 months.

IMPORTANT SAFETY INFORMATION

Anyone who is allergic to the ingredients of GARDASIL, including those severely allergic to yeast, should not receive the vaccine. GARDASIL is not for women who are pregnant.

The side effects include pain, swelling, itching, bruising, and redness at the injection site, headache, fever, nausea, dizziness, vomiting, and fainting. Fainting can happen after getting GARDASIL. Sometimes people who faint can fall and hurt themselves. For this reason, your health care professional may ask your child to sit or lie down for 15 minutes after your child gets GARDASIL. Some people who faint might shake or become stiff. This may require evaluation or treatment by your child's health care professional.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088. Please see the Patient Information on the next page to discuss it with your child's doctor or health care professional.


GARDASIL®
**[Human Papillomavirus Quadrivalent
(Types 6, 11, 16, and 18) Vaccine, Recombinant]**

gardasil.com

1-800-GARDASIL

Talk to your child's doctor today.



Having trouble paying for your Merck medicine? Merck may be able to help. Visit merck.com/merckhelps.

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**Patient Information about
GARDASIL® (pronounced "gard-Ah-sill")**

Generic name: [Human Papillomavirus Quadrivalent (Types 6, 11, 16, and 18) Vaccine, Recombinant]

Read this information with care before getting GARDASIL.¹ You (the person getting GARDASIL) will need 3 doses of the vaccine. It is important to read this leaflet when you get each dose. This leaflet does not take the place of talking with your health care provider about GARDASIL.

What is GARDASIL?

GARDASIL is a vaccine (injection/shot) that is used for girls and women 9 through 26 years of age to help protect against the following diseases caused by Human Papillomavirus (HPV):

- Cervical cancer
- Vulvar and vaginal cancers
- Genital warts
- Abnormal and precancerous cervical, vaginal, and vulvar lesions
 - The diseases listed above have many causes, and GARDASIL only protects against diseases caused by certain kinds of HPV (called Type 6, Type 11, Type 16, and Type 18). Most of the time, these 4 types of HPV are responsible for the diseases listed above.
 - GARDASIL cannot protect you from a disease that is caused by other types of HPV, other viruses, or bacteria.
 - GARDASIL does not treat HPV infection.
 - You cannot get HPV or any of the above diseases from GARDASIL.

GARDASIL is used for boys and men 9 through 26 years of age to help protect against genital warts.

What important information about GARDASIL should I know?

- You should continue to get routine cervical cancer screening.
- GARDASIL may not fully protect everyone who gets the vaccine.
- GARDASIL will not protect against HPV types that you already have.

Who should not get GARDASIL?

You should not get GARDASIL if you have, or have had:

- an allergic reaction after getting a dose of GARDASIL.
- a severe allergic reaction to yeast, amorphous aluminum hydroxyphosphate sulfate, polysorbate 80.

What should I tell my health care provider before getting GARDASIL?

Tell your health care provider if you:

- are pregnant or planning to get pregnant. GARDASIL is not recommended for use in pregnant women.
- have immune problems, like HIV infection, cancer, or you take medicines that affect your immune system.
- have a fever over 100°F (37.8°C).
- had an allergic reaction to another dose of GARDASIL.
- take any medicines, even those you can buy over the counter.

Your health care provider will help decide if you should get the vaccine.

How is GARDASIL given?

GARDASIL is a shot that is usually given in the arm muscle. You will need 3 shots given on the following schedule:

- Dose 1: at a date you and your health care provider choose.
- Dose 2: 2 months after Dose 1.
- Dose 3: 6 months after Dose 1.

Fainting can happen after getting GARDASIL. Sometimes people who faint can fall and hurt themselves. For this reason, your health care provider may ask you to sit or lie down for 15 minutes after you get GARDASIL. Some people who faint might shake or become stiff. This may require evaluation or treatment by your health care provider.

Make sure that you get all 3 doses on time so that you get the best protection. If you miss a dose, talk to your health care provider.

Can other vaccines and medications be given at the same time as GARDASIL?

GARDASIL can be given at the same time as RECOMBIVAX HB^{®1} [hepatitis B vaccine (recombinant)] or Menactra [Meningococcal (Groups A, C, Y and W-135) Polysaccharide Diphtheria Toxoid Conjugate Vaccine] and Adacel [Tetanus Toxoid, Reduced Diphtheria Toxoid and Acellular Pertussis Vaccine Adsorbed (Tdap)].

What are the possible side effects of GARDASIL?

The most common side effects with GARDASIL are:

- pain, swelling, itching, bruising, and redness at the injection site
- headache
- fever
- nausea
- dizziness
- vomiting
- fainting

There was no increase in side effects when GARDASIL was given at the same time as RECOMBIVAX HB [hepatitis B vaccine (recombinant)].

There was more injection-site swelling at the injection site for GARDASIL when GARDASIL was given at the same time as Menactra [Meningococcal (Groups A, C, Y and W-135) Polysaccharide Diphtheria Toxoid Conjugate Vaccine] and Adacel [Tetanus Toxoid, Reduced Diphtheria Toxoid and Acellular Pertussis Vaccine Adsorbed (Tdap)].

Tell your health care provider if you have any of the following problems because these may be signs of an allergic reaction:

- difficulty breathing
- wheezing (bronchospasm)
- hives
- rash

Tell your health care provider if you have:

- swollen glands (neck, armpit, or groin)
- joint pain
- unusual tiredness, weakness, or confusion
- chills
- generally feeling unwell
- leg pain
- shortness of breath
- chest pain
- aching muscles
- muscle weakness
- seizure
- bad stomach ache
- bleeding or bruising more easily than normal

Contact your health care provider right away if you get any symptoms that concern you, even several months after getting the vaccine.

For a more complete list of side effects, ask your health care provider.

What are the ingredients in GARDASIL?

The ingredients are proteins of HPV Types 6, 11, 16, and 18, amorphous aluminum hydroxyphosphate sulfate, yeast protein, sodium chloride, L-histidine, polysorbate 80, sodium borate, and water for injection.

This leaflet is a summary of information about GARDASIL. If you would like more information, please talk to your health care provider or visit www.gardasil.com.

Issued June 2010

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D the dark side

We've all been wooed by the complex taste and myriad health benefits of dark chocolate. Now meet three new sweet, dark strangers and prepare to fall in love again.

Buckwheat Honey

Bees who've foraged on buckwheat plants produce dark honey with a full-bodied, malty finish—ideal for drizzling on soft cheeses, or for marinating ribs.

RX BONUS According to a recent study, it soothes coughs better than over-the-counter cough suppressants.

Dark (Grade B) Maple Syrup

Sap tapped at the end of maple season yields strong, dark syrup that is great for cooking. Whether you're glazing a ham or spiking whipped cream, its flavor is powerful enough to shine through.

RX BONUS It may offer more disease-fighting health benefits than light syrup.

Blackstrap Molasses

This deep, dark by-product of cane-sugar refining gives a strong caramel backbone to everything from baked beans to gingerbread.

RX BONUS It's packed with not only antioxidants, but also iron and calcium.

F FROSTING

We'll admit it: When we size up a cupcake, our gaze is roundly focused on what's on top. After all, without frosting, what's the point? This cream cheese version is sure to turn heads. (Or you can reach new heights with our four fresh twists!)

Cream Cheese Frosting

Using an electric mixer, beat **8 ounces cubed chilled cream cheese** with **1 stick (4 ounces) room-temperature butter** and **a pinch salt** until creamy. Add **2½ to 3 cups confectioners' sugar** (depending on desired thickness), 1 cup at a time, beating until smooth after each addition.

flavor it up

STOUT Beat **2 tablespoons stout beer** in with the cream cheese (try on chocolate cupcakes). **KOOL-AID** Beat **1 teaspoon unsweetened powdered drink mix**, such as Kool-Aid, into frosting (try on vanilla cupcakes). **EARL GREY** Beat **6 teaspoons crushed loose earl grey tea** into frosting (try on lemon cupcakes). **PINEAPPLE** Beat **3 tablespoons frozen pineapple concentrate** into frosting (try on carrot cupcakes).

E edamame

You've already discovered frozen edamame's tasty snack potential—now it's time to think outside the pod.

Spiced Roasted Edamame

Toss **thawed edamame** with **extra-virgin olive oil, onion powder, ground coriander, cumin, smoked paprika** and **salt**. Bake, tossing occasionally, until the beans start to brown, about 20 minutes.

Edamame Salsa

Combine **coarsely chopped thawed edamame** with **chopped cucumber, red bell pepper, red onion, jalapeño** and **cilantro**; season with **grated lime peel, lime juice, salt** and **pepper**.

Edamame Deviled Eggs

Coarsely mash **cooked edamame** with **hard-boiled egg yolks** and **mayonnaise**. Season with **chopped scallions, wasabi powder** and **salt**. Spoon the mixture into **hard-boiled egg white halves** and garnish with more chopped scallions.



G gardens

September's stunning veggies are enough to inspire even the most indoorsy types to get their hands in the dirt. And good news: A plentiful garden can be planted in just one 6-by-6-foot plot—less space than you need for a jungle gym or the family car. Jack Algiere, farm manager at the Stone Barns Center for Food & Agriculture in Pocantico Hills, New York, walked us through the plot's potential bounty:

30 POUNDS OF TOMATOES + **45 summer squash** + **9 pounds of string beans** + **2 dozen heads of lettuce** + more parsley, basil, thyme, sage and rosemary than you could possibly use



hardwired

Skip that bottle of Eau de Oooh La La and sprinkle yourself with nutmeg instead. According to a study by the Smell and Taste Treatment & Research Foundation, men found the aromas of pumpkin pie and doughnuts sexier than the scents of florals and musks. Even roasted meat ranked higher on the seduction scale than the typical perfume scents of rose and baby powder. **And what smells put women in the mood? Good & Plenty candies and cucumbers.** So there you have it, lovebirds: eau de cologne, out; baked goods and drugstore candy, in.



how's *that* for interactive?

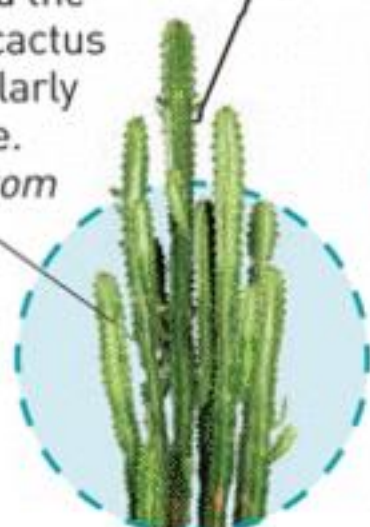
It's Rachael in your pocket! With her new Tasty Bytes iPhone app (\$1.99, itunes.com), you'll be able to browse more than 200 of Rach's 30-Minute Meals. Plus, you can save your faves and add ingredients to a shopping list (convenient when you're in the middle of aisle 5 and forget what you need!).

jerky

You may consider it gas-station fare—stocked somewhere between the motor oil and the slushie machine—but air-dried meat is a delicacy across the country and comes in more varieties than just beef. Chew your way through our coast-to-coast jerky tour.

California: Cactus

Vegetarians deserve jerky, too, and the prickly pear cactus has a particularly meaty texture. cactusjerky.com



Oregon: Elk

It's gamier than beef and particularly delicious when smoked over hickory chips. garywest.com



Wyoming: Buffalo

It's similar in taste to beef, but lower in fat and calories. thebuffaloguys.com



Arizona: Rattlesnake

Celebrate rattler season in Tombstone this month with a taste of salty snake jerky.



Alaska: Salmon

It's more moist than your typical jerky (and loaded with omega-3s). great-alaska-seafood.com



Hawaii: Marlin

Jerky made from this Hawaiian sashimi favorite comes in many flavors: smoked, chile pepper or teriyaki. madeinhawaiifoods.com



Florida: Alligator

The *other* other white meat, alligator dries into a light jerky with a slight seafood flavor. gatorbob.com



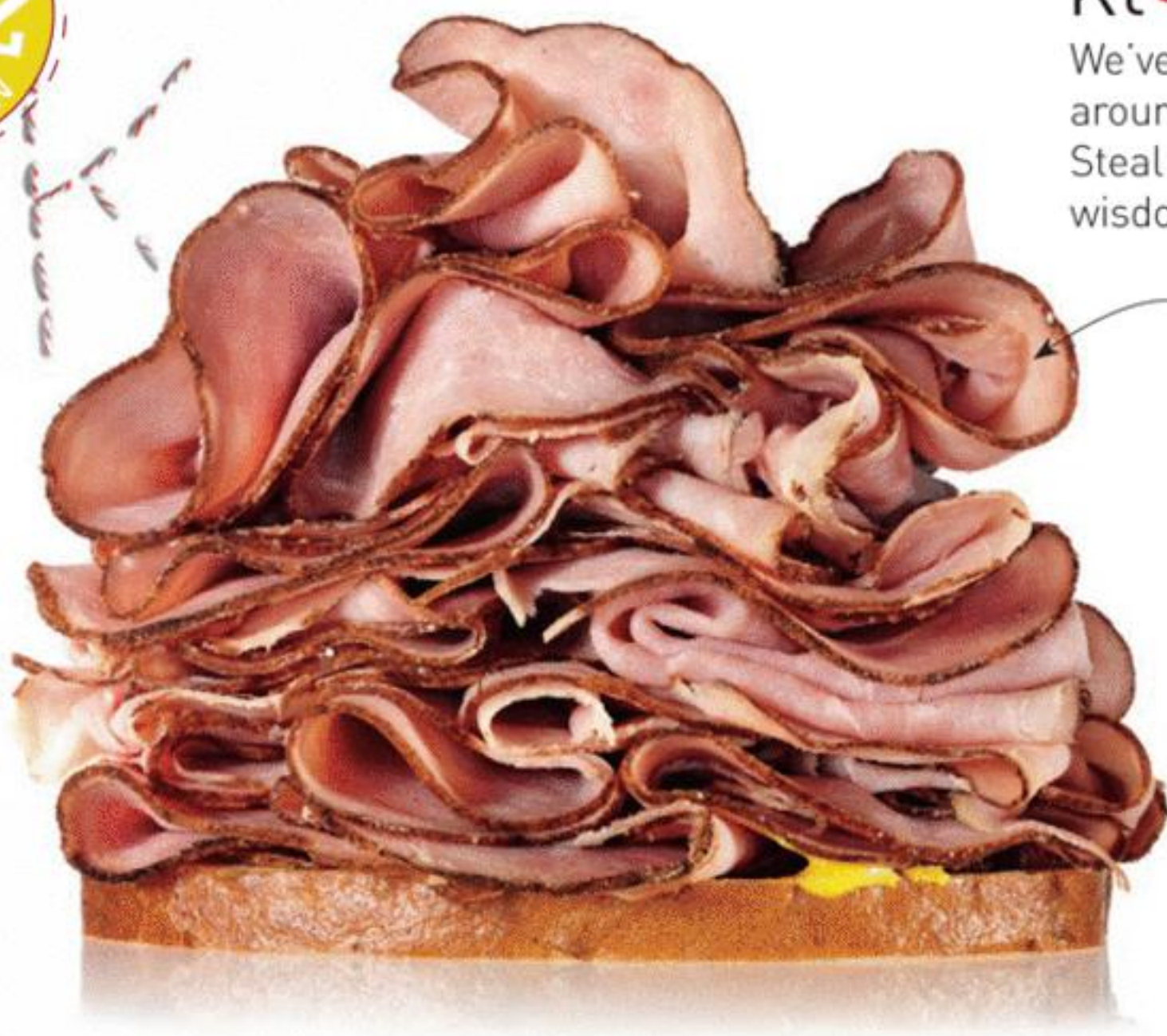
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at select Dillard's

myshapeups.com



kleptomania

We've filched some invaluable info from a few friends around the neighborhood. It's the Robin Hood principle: Steal from the culinarily savvy and spread the kitchen-wisdom wealth.

The target: Our deli

The spoils: Build a brawny sandwich by draping cold cuts onto your bread in folded ribbons, rather than stacking them flat. It gives the finished product drama and heft (and will inspire lunchbox envy).

The target: Our pizza joint

The spoils: Pepperoni? Fuggedaboutit. For an authentic taste of Italy, snip pieces of fresh basil generously onto your pizza as soon as you pull it out of the oven.

The target: Our ice cream shop

The spoils: For perfect, sundae-worthy spheres, a little water lets your ice cream slide right out of the scoop. That's why the pros

keep their scoops in a container of water; we just run ours under the tap.

The target: Our Chinese restaurant

The spoils: Prep and freeze time-consuming homemade appetizers like dumplings and meatballs in advance. Lay them out on a baking sheet first, so they won't stick together.

The target: Our bakery

The spoils: You don't have to be an artiste to decorate a cake like one: Just place a lace doily on top of a baked cake layer and sprinkle powdered sugar over it. Lift the doily off for instant guest-impressing perfection.

licorice whips

Guilty of hoarding all the black jelly beans? Don't stop there! Ingredients with a delicate licorice taste, such as fennel, pernod, tarragon and sambuca, add the perfect dose of aromatic sweetness to savory dishes and desserts.

Creamy Fennel Soup

In a large, heavy saucepan, melt **3 tablespoons butter** over medium-high heat. Add **2 coarsely chopped 12-ounce fennel bulbs**, **1 sliced leek**, **2 sliced cloves garlic** and **1 teaspoon fennel seeds**. Cook, stirring occasionally, until lightly browned, 8 to 10 minutes. Add **¼ cup pernod** and cook for 30 seconds. Add **4 cups chicken broth** and season with **salt** and **pepper**. Simmer until the fennel is very tender, 10 to 12 minutes. Using a food processor and working in batches, puree the soup. Garnish with **fennel fronds**.

Whipped Tarragon Potatoes

Simmer **1 pound yellow-fleshed potatoes** in salted water with a **tarragon sprig** until very tender; drain, discarding the tarragon. Whip the potatoes with **1½ tablespoons butter**, **2 tablespoons milk** and **2 teaspoons chopped tarragon**; season with **salt** and **pepper**.

Chocolate-Sambuca Frappe

Using a blender, whip **½ cup milk**, **2½ tablespoons chocolate syrup**, **1 tablespoon sambuca** and **6 ice cubes** until smooth.

M mind- NUMBING

CONDITION:

Sphenopalatine ganglioneuralgia (brain freeze)

SYMPTOMS: Profanity-inspiring headache pain, concentrated just above the eyes

TRIGGERS:

Blizzards, Slurpees, Popsicles, Fudgsicles, Creamsicles, Eskimo Pies, Klondike Bars

CAUSE: When

something cold hits the soft palate in the back of the mouth, a bundle of nerves is stimulated, triggering blood vessels in the head to contract, dilate and cause pain.

CURE: Press your tongue to the roof of your mouth to warm things up.

PREVENTION: If you let a cold treat melt a bit in the front of your mouth, by the time you swallow, it won't aggravate those sensitive nerves.



N nectars

It's our new favorite mixer—rich, fruity and exotic enough that a splash added to your next beverage will make you feel like you're on a beachfront terrace in the Caribbean. Consider these transporting combos.

classic margarita + guava nectar
brewed iced tea + peach nectar
banana smoothie + mango nectar
prosecco + pear nectar



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...how fast
I fall asleep

...about the 20 year
warranty

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asleep



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oatmeal

It's not that your oatmeal isn't grateful for all the quality time you've spent together at the breakfast table—it just wouldn't mind a change of scenery every once in a while. Why not take it to dinner?

➔ Stir in shredded cheddar, diced spicy sausage and chopped scallions; top with grilled shrimp.

➔ Prepare with chicken broth, then stir in shredded chicken, soy sauce, sesame oil, chopped cilantro and toasted sesame seeds.

➔ Mix in grated gruyère and top with crumbled bacon and a fried egg.

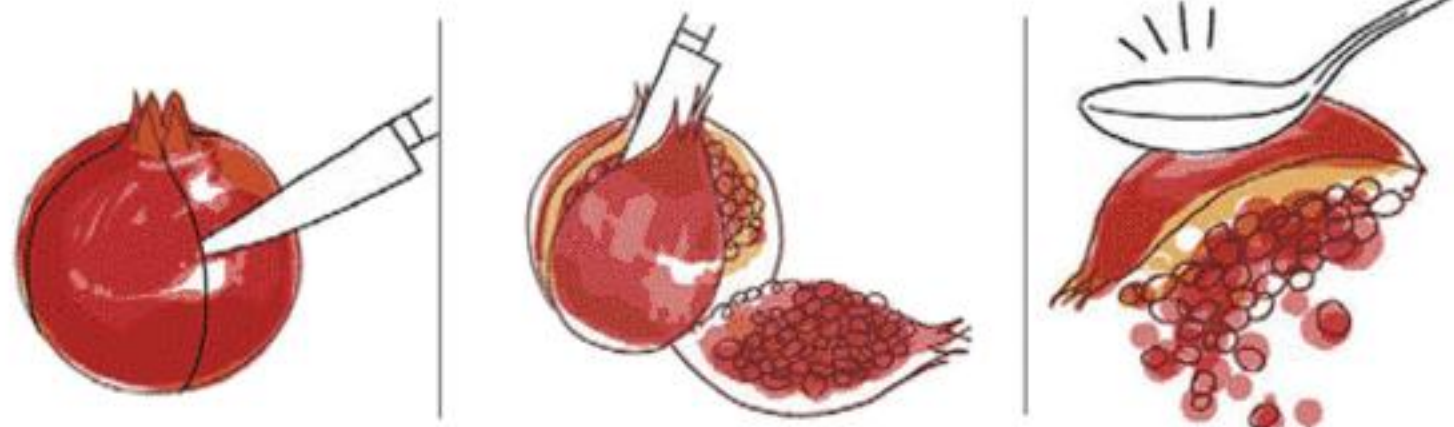
➔ Stir in curry sauce and sprinkle with chopped onions and chutney.

➔ Season with cracked black pepper; top with chopped tomatoes and avocados, a squirt of fresh lime juice and hot sauce.



paddle your pomegranate

Handling a whole pomegranate for the first time can be intimidating, but you don't have to be superhuman to tackle this superfood. One strong hand can liberate the fruit's succulent seeds in seconds.



STEP 1 Score the pomegranate lengthwise into quarters. **STEP 2** Stick the point of the knife into the crown of the pomegranate and give it a twist to break the fruit in half, then in quarters. **STEP 3** Hold each quarter, seed side down, between your thumb and forefinger over a bowl and thwack the rind with the back of a large spoon. The seeds will fall into the bowl.



QUANTUM LEAP

Follow these four kitchen rules and catapult the quality of your cooking.

USE RIPE FRUIT. Many fruits in the produce section have some maturing to do before you'll get the most out of them. Keep them on the counter until their fragrance is wafting through the kitchen—that's when the texture and flavor are at their peak.

CHOOSE FRESH HERBS. They taste cleaner and brighter than their crumbly dried cousins (whose flavor diminishes the longer they sit in the cabinet).

DRY YOUR MEAT. It browns better when dried thoroughly before being seared. Place it between paper towels and let it come to room temperature. Pre-salt your whole chicken and let it dry uncovered in the fridge all day before roasting.

SHARPEN YOUR KNIVES. Keep blades razor-sharp and they'll slide through any food like butter, with little effort on your part.



recycle your rinds

Think twice before you toss those leftover bits. They could be a tasty addition to your next meal.

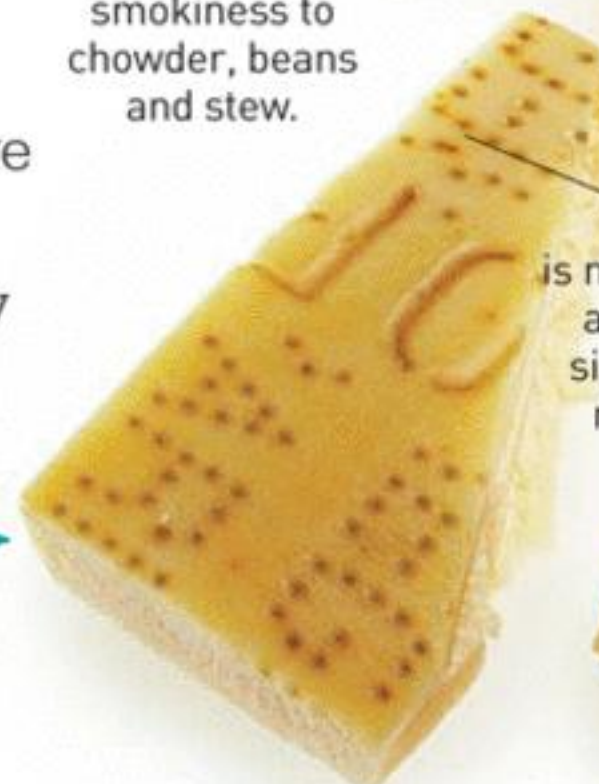
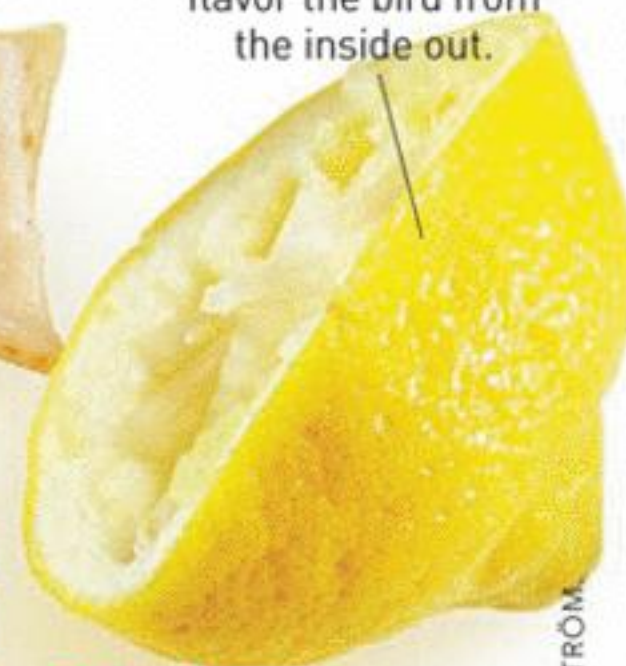


Watermelon is super-cheap by the pound this time of year. The peeled rind bulks up a gazpacho beautifully.



Slab bacon lets you slice to your desired thickness and shape. The rind imparts an irresistible rich smokiness to chowder, beans and stew.

Lemons, freshly squeezed, taste like the real fruit, unlike the bottled stuff. Rinds stuffed into a chicken cavity flavor the bird from the inside out.



Parmesan is more flavorful grated fresh, and the rind stirred into a simmering pot of potatoes, risotto or polenta adds a cheesy tang.



◀ ▶	Yoga
7am	Pick up bike from repair shop
8am	Get fruit for kids' lunches Take Logan to school
9am	Breakfast meeting with Joan (no muffins!) Presentation materials to printer
10am	Jot breakfast in food journal Confirm pick-up time for Molly's cake
11am	Client meeting – 9th floor conference room (take the stairs)
12pm	Performance review with Gail Write presentation intro + answer e-mails
1pm	Pick up presentation Call insurance agent re: quote for new car
2pm	Book travel for corporate retreat Request time off re: Jim's parents' anniversary
3pm	Do a lap around the office Run through presentation
4pm	Mandatory IT training Call Theresa Thornhill (555-0918) re: carpooling
5pm	Pick up Molly's cake and party decorations Molly's b-day party :)
6pm	Submit paper for online class Enter meals into calorie counter



WHEN LUNCH HOUR IS A LUNCH MINUTE.

Having trouble finding time to eat healthy? We can help. Minute® Ready to Serve Rice is delicious, nutritious, and perfectly portioned. And it's ready in just 60 seconds. It's Minute Rice. Literally.

www.minuterice.com/readytoserve



separation anxiety

When ingredients decide to split up, it can be scary. But don't blame yourself. Here's how to bring them back together.

THE RIFT While whisking your vinaigrette, you add the oil too quickly and the dressing breaks.

THE REUNION Put some dijon mustard in a fresh bowl and slowly whisk in the broken dressing until it emulsifies. Or throw it into a blender and give it a whirl.

THE RIFT As you're whipping the butter into the buttercream in your mixer, it starts to look curdled.

THE REUNION Beat the frosting at high speed to bring it back together. If it's still separated, dip the mixing bowl into hot water until the buttercream melts a little, then whip it again.

THE RIFT Your pan gravy starts to break as you stir butter into it.

THE REUNION Add a splash of water or broth to the pan and whisk vigorously until combined.



like a virgin

Raw food is certainly pure, but it doesn't have to taste chaste. To prove it, we created this lusty dish—the only thing that gets heated up is your taste buds.

Zucchini Linguine with Curried Cashew Pesto

In a food processor, pulse 1 clove garlic and ¼ cup tightly packed cilantro leaves. Add ¾ cup raw cashews, ¼ cup extra-virgin olive oil and ¼ teaspoon curry powder; process until almost smooth and season with salt and pepper. Using a mandoline or handheld slicer fitted with the wide-tooth blade and set to ¼-inch thickness, slice 5 medium zucchini lengthwise from top to bottom (rotating when you get to the seeds) into thin "noodles." Toss with the pesto. Let sit at room temperature for 5 minutes before serving. Top with a mound of shredded beets.



the toss

Let's face it: Some salads make your mouth water, while others have "rabbit food" written all over them. The difference could be in a simple flick of the wrist. Nothing transforms a salad as easily as a good toss in its dressing *before* it's served, as opposed to a drizzle of dressing at the table (we like a good hit of extra-virgin olive oil, a splash of something acidic and a pinch of salt). Don't worry about soggy leftovers—there won't be any.



umami

You may just be hearing about this "fifth taste," but chances are you've loved it since you were born. Studies show that mothers' milk is spiked with this irresistible flavor—the one you now enjoy in tomato sauce, cured meats, sautéed mushrooms and aged cheese, as well as in seasonings like worcestershire sauce and soy sauce. There you have it, yet another thing you can blame on Mom: your inability to resist that second (okay, third) slice of pizza.



Hungry for a delish new app?

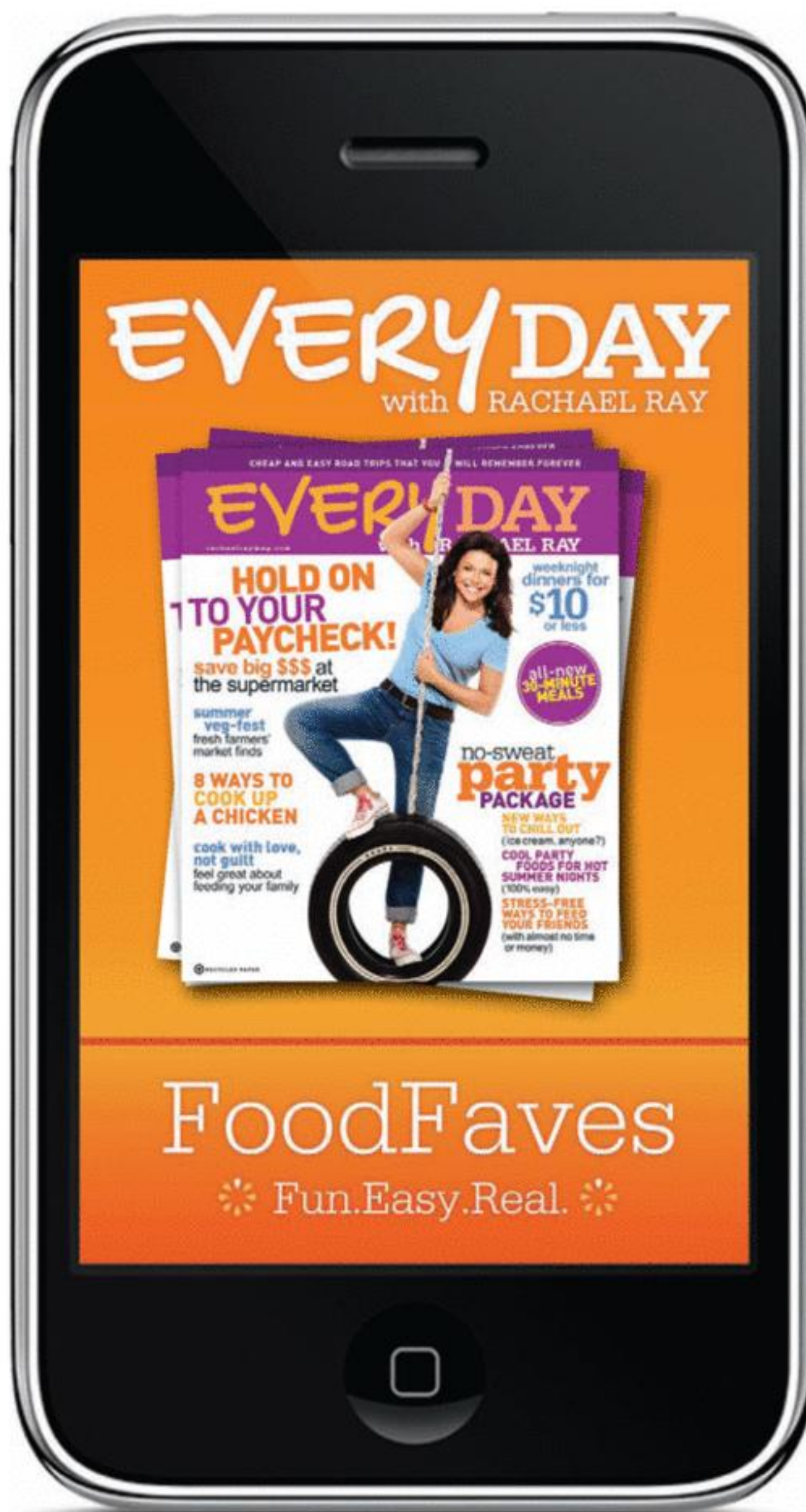
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**101 uses.
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GLUTEN-FREE WRAP

For your next gluten-free sandwich, look no further than the refrigerator's crisper. Lettuce leaves are our new favorite vehicle for anything we'd ordinarily stick between two slices of bread—and then some. Try rice vermicelli, pulled pork, bean sprouts and shredded carrot all wrapped up in bibb lettuce leaves.



XO As in, extra-old. This designation isn't just for high-end cognacs. Here are a **tool**, a **technique** and an **ingredient** we honor for aging beautifully.

No-nonsense, versatile and pushing 100, the **Pyrex baking dish is the Betty White of cookware**. Never ready to retire, it will take on every meal as if it were its first performance.

Pounding meat into tender, thin cutlets is a cooking technique as old as the hills but as useful as ever. The savings alone make it worth picking up a meat pounder—tougher,

inexpensive cuts become more versatile, and pre-pounded cutlets at jacked-up prices become a thing of the past.

Aged balsamic vinegar is fruity, sweet and tangy, unlike its younger imitators, which taste thin and astringent. To make sure you've got the real thing, check that the ingredients include "must" (grape juice, skin and seeds), and no added sugar or coloring.

ILLUSTRATION BY MONICA HELLSTRÖM.

rachaelraymag.com

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陽 **yin** - yang 陰 Y

Breakfast, the most important meal of the day...yeah, whatever. But according to the Chinese concept of yin and yang, aligning your morning meal and your just-awake state really *will* make an impact on the rest of your day. Depending on which way your constitution is leaning, you need to nourish yourself with foods from the opposite camp, says nutritionist Linda Prout, author of *Live in the Balance: The Ground-Breaking East-West Nutrition Program*.

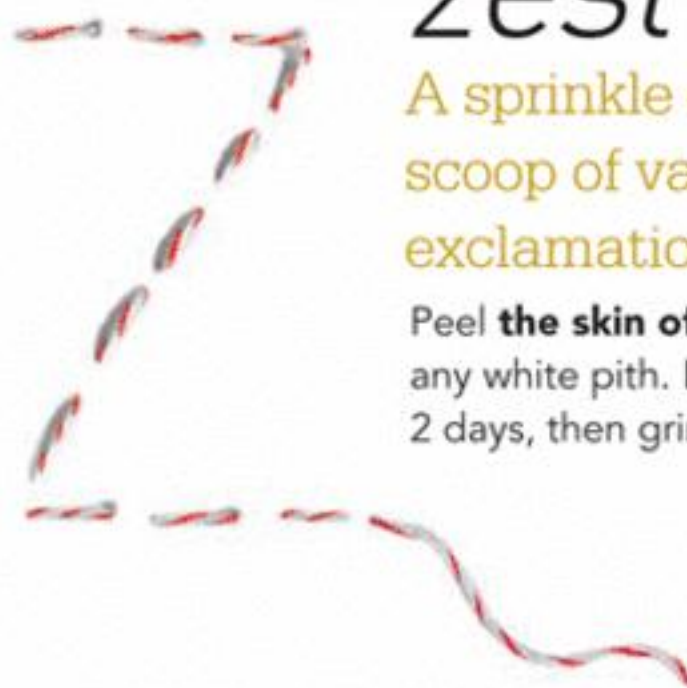
YOUR A.M. STATE	YOUR BREAKFAST MENU
anxious [yang]	chilled melon topped with mint sprigs
congested & puffy-eyed [yin]	a scramble of free-range eggs, salmon and dill
sluggish & subdued [yin]	a steaming bowl of oatmeal sprinkled liberally with cinnamon
dry-eyed with irritated throat [yang]	a thick slice of toasted country bread, topped with avocado slices and a drizzle of extra-virgin olive oil



zest

A sprinkle of tangy citrus sugar turns a humble scoop of vanilla ice cream into a thrilling exclamation point at the end of your meal.

Peel **the skin of an orange** into long, wide strips and trim off any white pith. Let dry uncovered at room temperature for 2 days, then grind with **3 to 4 tablespoons sugar**.



USE #41:

Strike out major league stains.

Soak stained baseball uniforms in OxiClean® before washing. For just pennies, you'll bat a thousand against dirt, clay and other tough messes.



101 uses.
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FILET

MIGNON IS JUST FANCY TALK FOR MOUTHWATERING.

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You've gotta love the most tender lean cut of them all. And don't let a little French fool you, this all-American classic will tantalize every last taste bud at the table. Learn to love all 29 tantalizing cuts of lean beef at BeefItsWhatsForDinner.com.



Funded by The Beef Checkoff



cook

recipes for real life

flavor bundles

Use fresh herbs while they're in season. Parsley, sage, rosemary, thyme, cilantro, dill and basil are all put to good use in the following 30-Minute Meals. ➔

READY, SET



COOK



GET TOGETHER



GO AWAY



30

MINUTE MEALS

Tomato Minestrone Soup with Garlic Bread Croutons

Paprika Chicken Thighs with Spinach and Egg Noodles

Two-Color Ziti Fake-Bake

Sweet Potato-Topped Shepherd's Pie

Chicken-and-Rice Stoup

Korean-Style Chicken or Pork Noodle Bowls

Piccata-Style Fish Fillets with Thin Pasta and Wilted Spinach

Ratatouille Riggies: Eggplant Marinara with Rigatoni and Zucchini

Hot-or-Not Grilled Sliced Chicken with Cheesy Polenta and Guacamole Salad

Sliced Sausages over Spaghetti with Tomato-Basil Sauce

web

Get Rachael's 30-Minute Meals and other quick, easy recipes at rachaelraymag.com/30.



This month I wanted to write my meals with the family-dinner tradition in mind. I hope they

will inspire the cook to bring his or her loved ones together at least one more night this week—even if it takes special scheduling to make it happen. Enjoy each other and the food you share. BY RACHAEL RAY

Tomato Minestrone Soup with Garlic Bread Croutons

SERVES 4

- 2 tablespoons extra-virgin olive oil (EVOO)
- ¼ pound pancetta or thick-cut prosciutto, finely chopped (optional)
- 1 pound zucchini, cut into strips lengthwise (discarding the seedy centers), then cut into small pieces
- 2 ribs celery with leafy tops, finely chopped
- 1 small carrot, finely chopped
- 1 onion, finely chopped
- 1 bay leaf
- 3 cloves garlic, finely chopped
- Salt and pepper
- One 32-ounce container (4 cups) chicken or vegetable stock

One 15-ounce can cannellini beans, rinsed

One 15-ounce can tomato puree or crushed tomatoes

¼ pound whole wheat penne or other short-cut pasta

A handful basil, torn into pieces

2 tablespoons butter

4 thick slices Italian bread

About ½ cup freshly grated parmigiano-reggiano cheese

Finely chopped parsley, for garnish

In a soup pot, heat the EVOO, a couple of turns of the pan, over medium-high heat. Add the pancetta or prosciutto, if using, and cook until browned, a couple of minutes. Add the zucchini, celery, carrot, onion, bay leaf and 2 cloves garlic; season with salt and

pepper. Cook until the vegetables are tender, 7 to 8 minutes.

Preheat the broiler and position a rack in the middle of the oven. Stir the chicken stock, beans and tomatoes into the soup and bring to a boil. Add the pasta and cook until al dente. Stir in the basil and lower the heat to low.

Meanwhile, in a small saucepan, melt the butter over low heat. Add in the remaining 1 clove garlic and swirl for a minute or so; remove from the heat.

Broil the bread on both sides until lightly toasted. Brush the bread with the garlic butter and sprinkle with the cheese and parsley. Broil to melt the cheese. Serve the soup in shallow bowls, each topped with a crouton.



FOOD PHOTOGRAPHY BY MARCUS NILSSON | PORTRAIT BY JIM WRIGHT

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FOOD STYLING: BY CYD RAFTUS MCDOWELL; PROP STYLING BY HEATHER CHONTOS; FASHION STYLING BY JANE HARRISON-FOX; HAIR BY CARRIE FERNOW; MAKEUP BY KIM WHITE AT KIMWHITEMAKEUP.COM; WINE AND BEER PAIRINGS BY MARK OLDMAN.



Paprika Chicken Thighs with Spinach and Egg Noodles

SERVES 4

Salt and pepper

½ pound extra-wide egg noodles

2 tablespoons tomato paste

1 tablespoon sweet smoked paprika (about a palmful)

About 1½ teaspoons worcestershire sauce

About 1 teaspoon hot sauce

8 pieces skinless, boneless chicken thighs

About 1 tablespoon extra-virgin olive oil (EVOO), plus more for drizzling

2 tablespoons butter

1 large clove garlic, grated or finely chopped

- 1 shallot, finely chopped, or ¼ cup finely chopped onion
- 2 bunches fresh spinach leaves, cleaned and sliced, or 1 box thawed frozen chopped spinach
- ¼ cup chopped fresh herbs, such as dill and parsley (optional)

Bring a large pot of water to a boil, salt it, add the noodles and cook until tender.

While the pasta is working, place the tomato paste in a small bowl and stir in ¼ cup of the boiling pasta water. Stir in the paprika, worcestershire and hot sauce.

Preheat a grill pan or large skillet over medium-high heat. Drizzle the chicken thighs with EVOO and season

with salt and pepper. Add to the grill pan or skillet. Cook until browned on the bottom, about 5 minutes. Flip and baste liberally with the paprika paste. Brown the other side, about 5 minutes longer, then flip again and brush with more of the paprika paste.

In a large skillet, add about 1 tablespoon EVOO and the butter to melt over medium heat. Add the garlic and shallot (or onion) and cook for 3 minutes. Add the spinach to wilt (or heat through the thawed spinach).

Drain the egg noodles and add to the spinach along with the herbs, if using. Divide among 4 plates and serve with 2 chicken thighs each.

30

MINUTE MEALS

Two-Color Ziti Fake-Bake

SERVES 4

This meal combines super-nutritious dark greens with calcium-rich dairy and the same sweet, easy tomato sauce used in the sausage and spaghetti supper (page 113) this month. The sauce freezes so well that whichever recipe you try first, make a double batch of the sauce and freeze it to try out the other dish later.

Salt and pepper

$\frac{3}{4}$ pound ziti rigate, whole wheat ziti or any other short-cut pasta
 $3\frac{1}{2}$ tablespoons extra-virgin olive oil (EVOO)

4 cloves garlic, grated or finely chopped

1 bunch cavolo nero (also called tuscan kale, dinosaur kale or lacinato kale), stemmed and very thinly sliced

Freshly grated nutmeg, to taste

1 cup fresh ricotta or sheep's-milk ricotta cheese

About $\frac{1}{4}$ cup grated onion

One 28-ounce can italian tomatoes in puree

A few leaves fresh basil, torn

Freshly grated parmigiano-reggiano cheese

8 ounces thinly sliced fresh mozzarella or shredded mozzarella cheese

Bring a large pot of water to a boil, salt it, add the pasta and cook until al dente. Drain, reserving about $\frac{3}{4}$ cup of the pasta cooking water.

While the pasta is working, in a large skillet, heat about $1\frac{1}{2}$ tablespoons EVOO, $1\frac{1}{2}$ turns of the pan, over medium-high heat. Stir in 2 cloves garlic for 1 minute, then add the kale to wilt to crisp-tender, a couple of minutes. Season with salt, pepper and a little nutmeg. Transfer to a plate and reserve the skillet.

Preheat the broiler and position a rack in the upper third of the oven. Place the ricotta cheese in the bottom of a casserole.

Place the reserved skillet over medium heat and add the remaining 2 tablespoons EVOO, 2 turns of the pan. Stir in the remaining 2 cloves garlic for 1 minute, then add the onion and stir for 2 minutes. Using a blender or food processor, puree the tomatoes. Add them to the garlic and onion and season with salt and pepper. Stir in the basil to wilt. Lower the heat to a simmer.

Add the pasta, reserved cooking water and the kale to the ricotta in the casserole; season with salt and pepper. Top with two-thirds of the tomato sauce, a thin layer of parmigiano-reggiano and the mozzarella. Broil for a few minutes to brown the cheeses. Pass the remaining sauce and parmigiano-reggiano at the table for topping.



Sweet Potato-Topped Shepherd's Pie

SERVES 4

- 3 large or 4 medium sweet potatoes, peeled and cut into chunks

Salt and pepper

- 1 cup milk
3 tablespoons butter
1 egg, beaten
1 teaspoon paprika or sweet smoked paprika
1½ tablespoons extra-virgin olive oil (EVOO)
8 ounces cremini or white mushrooms, quartered
1½ pounds ground sirloin
1 onion, chopped
2 large cloves garlic, chopped
2 tablespoons fresh sage, thinly sliced, or 2 teaspoons dried rubbed sage (about ⅔ palmful)
1 cup frozen peas
2 tablespoons flour
¾ cup dark beer (optional)
1 cup beef stock (1½ cups if not using beer)

About 3 tablespoons worcestershire sauce

- 2 tablespoons dijon mustard

A little chopped fresh parsley, for garnish

Place the sweet potatoes in a large pot, cover with water and bring to a boil. Salt the water and cook the potatoes until tender, about 18 minutes; drain. Return the potatoes to the hot pot and mash with the milk, 1 tablespoon butter, the egg and paprika; season with salt and pepper.

Preheat the broiler and position a rack in the lower third of the oven. Place a heavy pot or large dutch oven on medium-high heat. Add the EVOO, 1½ turns of the pan, and the mushrooms and cook until darkened, 6 to 7 minutes. Add the sirloin and cook until browned, 5 minutes. Add the onion, garlic and sage; season with salt and pepper. Cook until the onion is softened, about 5 minutes. Stir in the peas.

While the onion cooks, heat a small saucepan or skillet over medium-high heat. Add the remaining 2 tablespoons butter to melt, then whisk in the flour for 1 minute. Add the beer, if using, and cook until reduced, a minute or two. Add the beef stock and worcestershire; season with salt and pepper. Cook until thickened slightly, then whisk in the mustard. Stir the gravy into the meat.

Pour the meat and gravy into a casserole and top with the sweet potatoes. Broil until the potatoes are set and lightly golden-brown at the edges. Top with the parsley.

Chicken-and-Rice Stoup

SERVES 4

- 1 pound skinless, boneless white- or dark-meat chicken
2 onions, 1 quartered and 1 chopped
1 bay leaf
1 tablespoon butter
⅓ cup orzo pasta
¼ cup long-grain white rice
One 32-ounce container (4 cups) chicken stock
1 tablespoon extra-virgin olive oil (EVOO)
2 ribs celery from the heart, chopped into ¼-inch pieces
1 carrot, peeled and chopped into ¼-inch pieces

Salt and pepper

A few sprigs thyme, finely chopped

A small handful fresh dill, finely chopped

A small handful fresh parsley, finely chopped

- 2 teaspoons grated lemon peel

Place the chicken in a small pot and add enough water to just barely cover, 2½ to 3 cups. Add the quartered onion and the bay leaf, cover and bring to a boil. Uncover the pot, lower the heat and simmer to cook through, about 10 minutes. Transfer the chicken to a bowl, then shred with 2 forks. Reserve the cooking liquid.

Meanwhile, in a large saucepan, melt the butter over medium heat. Add the orzo and cook, stirring often, until golden, 2 to 3 minutes. Stir in the rice, then add 2 cups chicken stock and bring to a boil. Lower the heat to low, cover and cook until the rice is tender, about 15 minutes. (Cooking the rice separately from the soup lets you add it to the liquid when you're ready to eat, so it doesn't overcook.)

In a medium soup pot, heat the EVOO, 1 turn of the pot, over medium-high heat. Add the chopped onion, celery and carrot; season with salt and pepper. Cook until the vegetables are tender, about 5 minutes. Strain in the reserved cooking liquid and the remaining 2 cups chicken stock and bring to a boil. Stir in the thyme, dill, parsley and lemon peel.

To serve, pile the chicken and rice in bowls and top with the broth.

Sweet potatoes are among the most nutrient-rich veggies in the produce department. By swapping them in for white potatoes, you bump up the vitamins in your next meat-and-potatoes dinner.

pair with a smooth, malty ale. Try Boddingtons English Pub Ale (U.K., \$2 for a 14-ounce can).

Sweet Potato-Topped Shepherd's Pie

Chicken-and-Rice Stoup

"Stoup" is what I call a really thick soup that's thinner than stew.

30

MINUTE
MEALS

Korean-Style Chicken or Pork Noodle Bowls

SERVES 4

Salt and pepper

- 1 pound whole wheat spaghetti
- One 1-inch piece fresh ginger, grated
- 2 large cloves garlic, grated
- About ¼ cup tamari (dark soy sauce)
- About 3 tablespoons honey or agave syrup (eyeball it)
- 2 tablespoons tomato paste
- About 2 tablespoons rice wine vinegar (a couple of healthy splashes)
- 1 tablespoon sesame oil
- 1 teaspoon hot sauce, such as sriracha, plus more to pass around the table
- 2 tablespoons vegetable oil
- 1 pound skinless, boneless chicken thigh meat, chicken breast meat or thin-cut boneless pork chops, cut into thin strips
- ¼ small cabbage, very thinly shredded
- ½ red bell pepper, thinly sliced or chopped
- 1 bunch scallions, thinly sliced on the diagonal

Toasted sesame seeds, for garnish

Bring a large pot of water to a boil, salt it, add the pasta and cook until al dente. Drain.

While the pasta is working, using a blender or food processor, combine a splash of the boiling water (before you add salt), the ginger, garlic, tamari, honey (or agave), tomato paste, vinegar, sesame oil and hot sauce until smooth.

Get all of the remaining ingredients ready for a quick stir-fry. In a large skillet, heat the vegetable oil over high heat. Add the chicken or pork and stir-fry until browned, about 3 minutes. Add the cabbage and bell pepper and stir-fry for 2 minutes, then add the scallions and ginger sauce and toss for 1 minute. Pour over the drained noodles and top with the sesame seeds. Pass more hot sauce around the table.

Piccata-Style Fish Fillets with Thin Pasta and Wilted Spinach

SERVES 4

Salt and pepper

½ pound thin egg pasta or angel hair pasta

4 thin tilapia or snapper fillets

Old Bay Seasoning

½ cup flour

¼ cup cornstarch

2 tablespoons extra-virgin olive oil (EVOO)

4 tablespoons butter

2 large cloves garlic, grated or finely chopped

½ cup white wine

2 lemons

¼ cup drained capers

A handful flat-leaf parsley, finely chopped

¾ pound fresh spinach, cleaned and trimmed

A little freshly grated nutmeg

Bring a large pot of water to a boil, salt it, add the pasta and cook until al dente. Drain, reserving about ½ cup of the pasta cooking water.

Meanwhile, pat the fish dry and season with salt, pepper and a little Old Bay. On a plate, mix the flour and cornstarch. Coat the fish in the flour mixture.

In a large skillet, heat 1 tablespoon EVOO, 1 turn of the pan, over medium-high heat. Add 2 tablespoons butter and let it foam up, then add the fish fillets and cook, turning once, until golden-brown and firm, 4 to 6 minutes. Transfer the fillets to a plate and cover with foil to keep warm. Wipe out the pan and return to the heat. Add

½ tablespoon EVOO, ½ turn of the pan, and the remaining 2 tablespoons butter to melt. Stir in the garlic for 1 minute, then stir in the wine for another minute. Add 1 teaspoon grated lemon peel and the juice of 1 lemon. Thinly slice the remaining lemon and stir the slices into the sauce, along with the capers and parsley. Spoon the sliced lemons and half of the butter sauce over the fish.

Add the reserved pasta water and the pasta to the skillet. Add the remaining butter sauce and season with salt and pepper; toss. Transfer the pasta to a platter. Add the remaining ½ tablespoon EVOO, ½ turn of the pan, to the skillet. Add the spinach, season with salt, pepper and the nutmeg and cook to wilt. Serve the fish with a little pasta and spinach alongside.

pair with a snappy, herbal **rueda**. Try Telmo Rodriguez Basa Rueda (Spain, \$15).



30

MINUTE MEALS

Ratatouille Riggies: Eggplant Marinara with Rigatoni and Zucchini

SERVES 6

- 1 pound small, firm eggplant
- ¼ cup extra-virgin olive oil (EVOO), plus more for drizzling
- Salt and black pepper
- 1 pound whole wheat or whole grain rigatoni rigate or other short-cut rigate pasta
- 2 small, firm zucchini (about 1 pound), thinly sliced
- Flour, for coating
- 3 large cloves garlic, grated or chopped
- 1 onion, finely chopped
- A couple of sprigs rosemary, finely chopped, or a healthy teaspoon dried leaves
- A few sprigs thyme, finely chopped, or a scant teaspoon dried leaves
- About 1 cup chicken or vegetable stock
- 1 large roasted red pepper
- 2 tablespoons tomato paste
- One 28-ounce can plum tomatoes in puree
- Crushed red pepper (optional)

A handful fresh basil, chopped or torn
A handful fresh parsley, chopped
Parmigiano-reggiano cheese, for grating and passing around the table

Preheat the oven to 450°. Halve the eggplant and score the exposed flesh with shallow crisscross cuts. Drizzle or lightly brush the cut surface with EVOO and season with salt and black pepper. Place on a baking sheet cut side down and roast until tender, 15 to 18 minutes.

Bring a large pot of water to a boil, salt it, add the pasta and cook until al dente. Drain.

While the pasta is working, season the zucchini with salt and black pepper. Let drain on a paper-towel-lined plate for a few minutes. In a large skillet, heat 2 tablespoons EVOO, 2 turns of the pan, over medium-high heat. Lightly coat the zucchini in flour. Working in batches, add the zucchini to the pan and cook, turning, until light golden, 1 to 2 minutes per batch. Add 1 clove garlic with the last batch.

In a large, deep skillet or heavy saucepan, heat the remaining 2 tablespoons EVOO, 2 turns of the pan, over medium heat. Add the remaining 2 cloves garlic and the onion and season with the rosemary, thyme, salt and black pepper. Cook until tender, 5 to 6 minutes.

Using a food processor, mix the chicken stock, roasted pepper and tomato paste until smooth. Stir into the onion mixture and bring to a boil for 1 minute. Stir in the canned tomatoes and crush with a wooden spoon or potato masher. Return the sauce to a boil for a minute or so. Season with the crushed red pepper, if using. Lower the heat to a simmer.

Remove the eggplant from the oven. Scoop out the flesh and add to the food processor. Puree for 20 seconds and add to the marinara sauce.

Toss the pasta with the marinara sauce and top with the basil, parsley, fried zucchini and a flurry of grated cheese. Pass more cheese around the table.



Hot-or-Not Grilled Sliced Chicken with Cheesy Polenta and Guacamole Salad

SERVES 4

- 2 poblano chiles
- Extra-virgin olive oil (EVOO), for drizzling
- 4 pieces skinless, boneless chicken breast
- Salt and pepper
- 4 tablespoons butter
- A handful cilantro or flat-leaf parsley, finely chopped
- 2 sprigs rosemary, finely chopped
- 2 teaspoons chipotle chile powder (hot) or sweet smoked paprika (not), about $\frac{2}{3}$ palmful
- About $\frac{1}{2}$ teaspoon dried oregano
- 1 cup fresh or frozen corn kernels
- 1 cup milk
- 2 cups chicken stock
- 1 cup quick-cooking polenta
- 1 cup shredded sharp cheddar cheese
- 1 ripe avocado, sliced
- 2 vine-ripe tomatoes, sliced into wedges
- $\frac{1}{2}$ small red onion, very thinly sliced
- Juice of 1 large lemon

Over an open flame or in the broiler, char the poblanos until blackened all over, turning occasionally, 10 to 12 minutes. Place in a bowl, cover and let cool. Peel, seed and chop the poblanos.

Preheat a griddle pan or large skillet over medium-high heat; drizzle with a little EVOO. Season the chicken with salt and pepper, add to the pan and cook, turning once, until golden, 12 to 15 minutes. In a microwavable bowl, soften 3 tablespoons butter in the microwave for a few seconds on high. Add half of the cilantro or parsley, the rosemary, the chile powder or paprika and the oregano.

While the chicken cooks, heat a drizzle of EVOO in a saucepan. Add the corn and heat through for a couple of minutes. Add the charred poblano, stir in the milk and chicken stock and bring to a boil. Whisk in the polenta and cook over low heat, stirring, until thickened, 2 to 3 minutes. Stir in the remaining 1 tablespoon butter and the cheese.

Dress the avocado, tomatoes and onion with the remaining cilantro or parsley, the lemon juice and salt.

Slice the hot chicken on the diagonal, then dollop with the spicy butter. Spoon some polenta underneath or alongside the sliced chicken. Serve with the salad.

Sliced Sausages over Spaghetti with Tomato-Basil Sauce

SERVES 4 TO 6

- Salt and pepper
- 1 pound whole wheat spaghetti
- $1\frac{1}{2}$ pounds fresh chicken sausage or Italian hot or sweet sausage
- 2 tablespoons extra-virgin olive oil (EVOO), plus more for drizzling
- 2 cloves garlic, grated or minced
- About $\frac{1}{4}$ cup grated onion
- One 28-ounce can Italian tomatoes in puree
- A few leaves fresh basil, torn
- 1 tablespoon butter
- Freshly grated parmigiano-reggiano cheese

Bring a large pot of water to a boil, salt it, add the pasta and cook until al dente. Drain, reserving about $\frac{1}{2}$ cup of the pasta cooking water.

While the pasta is working, in a large skillet, place the sausage in $\frac{1}{2}$ inch of water and drizzle with EVOO. Bring to a boil, then lower the heat and simmer until cooked through and the water evaporates, 8 to 10 minutes. Transfer the sausage to a cutting board and slice into thin pieces on the diagonal. Wipe out the pan and return to high heat with another drizzle of EVOO. Add the sausage slices and cook for 2 minutes, shaking the pan occasionally.

While the sausages cook, place a large skillet over medium heat. Add 2 tablespoons EVOO, 2 turns of the pan, and the garlic and stir for 1 minute. Stir in the onion for 2 minutes. Remove from the heat. In a blender or food processor, puree the tomatoes. Add to the garlic and onion and season with salt and pepper. Stir in the basil to wilt.

Add the butter to the cooked pasta and toss. Add the tomato sauce and toss again. If the pasta sauce is too thick, add a little of the reserved pasta cooking water to loosen things up a bit. Serve the pasta in bowls and top with the cheese and sausage slices.

Hot-or-Not Grilled Sliced Chicken with Cheesy Polenta and Guacamole Salad



Sliced Sausages over Spaghetti with Tomato-Basil Sauce

It's a Wrap

Good things really do come in small packages. These six delicious bundles are proof. The fillings alone would be enough to seal the deal, but the wrapping—whether it's a thin, flaky shell or a crusty, doughy layer—is just as irresistible.

RECIPES BY **SUSAN SUGARMAN** | PHOTOGRAPHY BY **GENTL & HYERS**

Scrambled Egg Turnovers

SERVES 4 PREP 15 MIN BAKE 25 MIN

- 1 small zucchini, shredded
- Salt and pepper
- 6 eggs
- $\frac{1}{4}$ teaspoon dried oregano
- 2 tablespoons unsalted butter
- 2 sheets frozen puff pastry, thawed and halved lengthwise
- $1\frac{1}{2}$ cups shredded cheddar cheese
- Four $\frac{3}{4}$ -inch-thick tomato slices

1. Preheat the oven to 425°. Place the zucchini in a bowl and season with salt; let stand for 5 minutes. Squeeze with paper towels to dry. In a medium bowl, beat together 5 eggs, the oregano and $\frac{1}{2}$ teaspoon each salt and pepper. In a small bowl, beat together the remaining egg with 1 tablespoon water.
2. In a large nonstick skillet, melt the butter over medium heat. Pour in the oregano-egg mixture and scramble for 1 minute; transfer to a plate.
3. On a work surface, brush the edges of the puff pastry with some egg wash. Working with 1 piece at a time, arrange one-quarter of the scrambled eggs on one side of the pastry and top with one-quarter each of the zucchini and cheese, then 1 tomato slice. Fold over the pastry and press the edges to seal; transfer to a parchment-lined baking sheet and brush with more egg wash. Repeat with the remaining ingredients to make 3 more pastries.
4. Bake until the pastries are puffed and golden-brown, 20 to 25 minutes.

FOOD STYLING BY SUSAN SUGARMAN; PROP STYLING BY CINDY DIPRIMA

1

Jerk Shrimp Mini Pies

MAKES 12 PREP 25 MIN BAKE 25 MIN

Cooking spray

8 slices bacon

$\frac{3}{4}$ pound large shrimp—peeled, deveined and cut into thirds

8 scallions, thinly sliced

1 cup grape tomatoes, quartered

2 tablespoons store-bought jerk sauce or barbecue sauce

2 teaspoons fresh lime juice

Two 14.1-ounce packages refrigerated pie dough

1 egg yolk, beaten with 1 tablespoon water

1. Preheat the oven to 375°. Coat a standard 12-cup muffin pan with cooking spray. In a large skillet, cook the bacon over medium heat until very crisp, about 8 minutes; drain on paper towels. Crumble the bacon into a medium bowl and toss with the shrimp, scallions, tomatoes, jerk sauce and lime juice.

2. Unroll the pie dough on a lightly floured work surface. Using a rolling pin, roll out the dough to extend by 1 inch in diameter. Using a 4½-inch round cookie cutter and a 3-inch round cookie cutter, cut out 12 dough rounds for each size.

3. Carefully press the larger rounds into each muffin cup, crimping the edges to fit. Bake until just beginning to color, about 10 minutes. Remove from the oven and increase the temperature to 425°.

4. Divide the shrimp filling among the muffin cups. Brush the smaller dough rounds with some of the egg wash and place wet side down on top of the shrimp mixture, pressing the edges to seal. Brush more egg wash over the tops of the dough cups. Bake until golden-brown, about 15 minutes. Remove from the oven and let stand for 5 minutes before serving. Use a small metal spatula or butter knife to release the pies from the muffin cups.



Chutney Chicken Wraps

SERVES 4 **PREP 20 MIN** **COOK 15 MIN**

- 4 cups packed cilantro leaves
- 1 serrano chile, stemmed and seeded
- 1 clove garlic
- 2 teaspoons grated fresh ginger
- 6 tablespoons extra-virgin olive oil
- 2 teaspoons cider vinegar
- Salt and pepper
- 8 store-bought large crepes
- 1 pound chicken cutlets
- 3 teaspoons garam masala
- 2 yellow bell peppers—stemmed, seeded and thinly sliced
- 1 large onion, thinly sliced

1. Preheat the oven to 175°. Using a food processor, puree the cilantro, chile, garlic and ginger. Pour in 2 tablespoons olive oil, the vinegar and ½ teaspoon each salt and pepper; puree. Wrap the crepes in foil and place in the oven to warm.

2. In a large skillet, heat 3 tablespoons olive oil over high heat. Season the chicken with

2 teaspoons garam masala, salt and pepper; add to the skillet and cook, turning once, until golden-brown, about 5 minutes. Transfer the chicken to a cutting board; let stand for 5 minutes before thinly slicing. Lower the heat to medium, add the remaining 1 tablespoon olive oil, the bell peppers and onion to the skillet and season with the remaining 1 teaspoon garam masala, salt and pepper. Cook, stirring occasionally, until softened and golden, 5 to 7 minutes.

3. Remove the crepes from the oven and transfer to a work surface. Stack 2 crepes on top of each other and spread with one-quarter of the chutney. Arrange one-quarter of the chicken in a line down the center and top with one-quarter of the bell peppers and onion. Fold over one side to cover the filling and form a half-moon, then roll to enclose; repeat with the remaining crepes and filling.



Baja-Style Fish Hand Pies

SERVES 4 PREP 25 MIN BAKE 20 MIN

- 1 mango—peeled, pitted and cut into ½-inch cubes
- ⅓ cup finely chopped red onion
- ⅓ cup chopped fresh cilantro
- 4 teaspoons fresh lemon juice
- Salt and pepper
- Four 4-ounce skinless, boneless cod fillets
- 1 teaspoon ancho or chipotle chile powder
- One 16-ounce box phyllo dough
- Extra-virgin olive oil, for brushing
- ⅓ cup sour cream
- ⅓ cup mayonnaise
- 2 tablespoons snipped fresh chives
- 1 ripe avocado—peeled, pitted and cut into wedges

1. Preheat the oven to 425°. In a medium bowl, combine the mango, onion, cilantro, 2 teaspoons lemon juice and ½ teaspoon each salt and pepper. Season the fish with the chile powder, salt and pepper.

2. On a work surface, lay 1 sheet of phyllo dough flat. Brush half of the sheet lengthwise with olive oil, then fold in half lengthwise. Brush the top of the folded pastry with olive oil. Place another sheet of phyllo on top, matching the 2 corners; brush the layered half of the sheet lengthwise with olive oil and fold the overhanging half lengthwise over the layered half. Brush the top with olive oil. Repeat the process with 2 more sheets of phyllo. Place 1 piece of fish about 2 inches from the top short corner of the pastry. Scatter one-quarter of the mango salsa over the fish. Fold into a triangular package. Brush the entire pastry with olive oil and transfer to a parchment-lined baking sheet. Repeat with the remaining phyllo, olive oil, fish and mango salsa.

3. Bake until the pastries are golden-brown, 15 to 18 minutes. Meanwhile, in a medium bowl, combine the sour cream, mayonnaise, remaining 2 teaspoons lemon juice, the chives and ¼ teaspoon pepper. Serve with the fish pies and avocado wedges.



4



Beef Stew Calzones

SERVES 4 PREP 1 HR BAKE 20 MIN

- 1 pound thin, boneless sirloin steak, cut into 1-inch cubes
- 3 tablespoons flour
- Salt and pepper
- 3 tablespoons extra-virgin olive oil
- 16 baby carrots (about 4 ounces), cut into thirds
- 1 rib celery, cut into ½-inch cubes
- 1 onion, cut into ½-inch cubes
- 1 cup red wine
- 1 cup beef broth
- ¼ cup canned diced tomatoes
- 1 teaspoon dried italian seasoning
- 1 yellow-fleshed potato (about ½ pound), peeled and cut into ½-inch cubes
- 1 pound refrigerated pizza dough

1. In a large bowl, toss the steak with the flour; season with salt and pepper. In a medium dutch oven, heat the olive oil over medium-high heat. Add the steak and cook, turning, until browned, about 5 minutes. Using a slotted spoon, transfer to a plate. Add the carrots, celery and onion to the pot and

cook for 3 minutes. Return the steak to the pot, add the wine and cook, stirring up the browned bits, until slightly reduced, about 2 minutes. Stir in the beef broth, tomatoes, italian seasoning and 1 teaspoon each salt and pepper. Lower the heat to medium-low and cook, stirring occasionally, for 15 minutes. Stir in the potato and cook until tender, 10 to 12 minutes. Set aside to cool, about 15 minutes; coarsely shred the meat.

2. Meanwhile, preheat the oven to 475°. Divide the pizza dough into 4 pieces. Working with 1 piece at a time, roll out the dough to a 7-inch round. Arrange one-quarter of the beef stew on one side of the dough round. Lightly brush the edges of the dough with water and fold to enclose, crimping the edges to seal. Repeat with the remaining dough and stew.

3. Transfer the calzones to a flour-dusted rimmed baking sheet and bake until puffed and browned, 15 to 20 minutes.



Fried Banana Wontons with Black-and-White Drizzle

SERVES 4 PREP 15 MIN COOK 10 MIN

- ½ cup semisweet chocolate chips
- ¼ cup heavy cream
- 24 wonton wrappers
- 2 ripe bananas, thinly sliced
- 1 egg white, beaten with 1 teaspoon water
- 6 tablespoons unsalted butter
- ½ cup crème fraîche

1. In a small, microwavable bowl, microwave the chocolate chips and cream for about 45 seconds; stir until smooth and cover to keep warm.

2. On a work surface, lay 12 wonton wrappers flat. Top 6 of them with 4 banana slices each, arranging the slices in the center. Brush the other 6 wrappers with some of the egg wash and place wet side down over the filled wrappers, pressing the edges to seal. Repeat with the remaining wrappers and banana slices.

3. In a large skillet, melt half of the butter over medium heat. Add half of the wontons and cook, turning once, until deep golden-brown, 2 to 4 minutes; drain on paper towels and wipe out the pan. Repeat with the remaining butter and wontons. Divide the wontons among 4 plates; drizzle with the chocolate sauce and dollop with the crème fraîche.



Go Long

These zesty, sub-size burgers are sure to score big with any hungry crowd.

BY RACHAEL RAY

PHOTOGRAPH BY MARCUS NILSSON

"Can't decide between a sausage sub or a beefy burger? These juicy patties taste like a smashup of both."

pair with a golden, citrus-flavored **blonde ale**. Try New Belgium Hoptober Golden Ale (CO, \$9 for a six-pack).

Long Boy Sausage Burgers with Pickled Fennel and Peperonata

SERVES 4

- 1 large head fennel, very thinly sliced
- About ½ cup plus 1 tablespoon white wine vinegar or white balsamic vinegar
- 3 tablespoons plus 1 teaspoon sugar
- Salt and pepper
- 2 tablespoons extra-virgin olive oil (EVOO), plus more for drizzling
- 2 large red bell peppers, seeded and chopped
- 1 small red onion, chopped
- 3 large cloves garlic, 2 thinly sliced and 1 crushed
- 1¼ pounds ground pork
- ¾ pound ground beef (80 to 85 percent lean)
- 1½ tablespoons sweet smoked paprika (about a palmful)
- 1 tablespoon fennel seeds (about a palmful), crushed with the flat side of a knife
- 1 tablespoon granulated garlic (about a palmful)

- 1 tablespoon granulated onion (about a palmful)
- 1 tablespoon ground or rubbed sage (about a palmful)
- 2 tablespoons butter
- 4 oval crusty italian rolls (about 5 inches long), split
- ¼ cup grated pecorino-romano or parmigiano-reggiano cheese
- A generous handful of basil leaves, shredded

1. Place the fennel in a storage container with a lid. In a small saucepan, bring about ½ cup vinegar, ¼ cup water, 3 tablespoons sugar and 1 teaspoon salt to a boil and cook until the salt and sugar dissolve. Pour over the fennel, cover and refrigerate for at least 1 hour.
2. Preheat an outdoor grill or a grill pan to medium-high. In a skillet, heat 2 tablespoons EVOO, 2 turns of the pan, over medium-high heat. Add the bell peppers, red onion and sliced garlic; season with salt and pepper. Cook until tender, 7 to 8 minutes. Sprinkle the bell peppers with the remaining 1 teaspoon sugar and 1 tablespoon vinegar. Stir for a minute more and turn off the heat.
3. Season the ground pork and beef with salt, pepper, the paprika, fennel seeds, granulated garlic, granulated onion and sage; mix well. Form the meat into 4 oval burgers and drizzle with about 1 tablespoon EVOO. Add to the grill or grill pan and cook through, turning once, 10 to 12 minutes.
4. In a small saucepan, heat the butter and crushed garlic in a drizzle of EVOO over low heat to infuse the flavors, 2 to 3 minutes.
5. Preheat the broiler and lightly toast the rolls. Set the roll bottoms aside. Brush the roll tops with the garlic butter and sprinkle with the cheese. Broil until the cheese is lightly browned, about 1 minute.
6. Place the basil on the roll bottoms. Top with the peperonata, sausage patties, drained pickled fennel and roll tops.

EVERYDAY MENU PLANNER

SEPTEMBER 2010

SUNDAY

Spicy Sausage Shepherd's Pie



MONDAY

Grilled Chicken
Soft Tacos with
Scallion Dressing



TUESDAY

Grilled Beef-and-
Horseradish Sandwiches



WEDNESDAY

Roasted Vegetable
Salad with Garlic
Vinaigrette



THURSDAY

Grilled Pork Chops with
Spiked Potato Salad



FRIDAY

Lemon Tilapia
with Garlic-Parsley
Couscous



SATURDAY

Cabbage-and-Potato
Frittata with Bacon



7 DAYS DINNERS

S M T W T F S

YOUR SHOPPING LIST

PRODUCE

- ☐ 2 granny smith apples
- ☐ 4 lemons
- ☐ 1 pint grape tomatoes
- ☐ 1 head green cabbage
- ☐ 1 bunch carrots
- ☐ 1 bunch celery
- ☐ One 5-pound bag
baking potatoes
- ☐ One 5-ounce bag arugula
- ☐ 2 bunches kale
- ☐ 6 onions
- ☐ 1 large red onion
- ☐ 1 bunch scallions
- ☐ 1 head garlic
- ☐ 1 bunch flat-leaf parsley

DAIRY

- ☐ One ½-pint carton heavy cream
- ☐ One 8-ounce container
sour cream
- ☐ One 4-ounce log goat cheese
- ☐ 1 dozen eggs

FISH

- ☐ Four 5-ounce tilapia fillets

MEAT

- ☐ 1¼ pounds flank steak
- ☐ Four 1-inch-thick pork chops
- ☐ 1 pound hot italian sausage
- ☐ One 16-ounce package bacon
- ☐ 1 pound chicken cutlets

BAKERY

- ☐ 1 loaf italian bread
- ☐ 8 small flour tortillas

GROCERY

- ☐ One 8-ounce jar horseradish
- ☐ One 15-ounce jar mayonnaise
- ☐ One 10-ounce box plain
couscous
- ☐ One 32-ounce container
chicken broth

Total Price: \$85.62

(Extra-virgin olive oil, salt and
pepper are freebies.)



Get a new
menu planner every week
at rachaelraymag.com/menu.

What's for dinner tonight?

Take this shopping list to the store and you'll have
7 nights' worth of easy meals for less than \$100.



plan it

SWAP ground turkey for the sausage for a lighter twist; sauté with finely chopped garlic and crushed red pepper for added flavor and heat.

ASSEMBLE individual servings in ovenproof bowls.

CHOP any leftover veggies from the refrigerator and add with the cabbage in Step 2.

Spicy Sausage Shepherd's Pie

SERVES 4 PREP 15 MIN COOK 30 MIN

- 8 baking potatoes (about 2½ pounds), peeled and cut into ½-inch cubes
- 2 cups chicken broth
- 6 tablespoons heavy cream
- Salt and pepper
- 1 pound hot Italian sausage, casings removed
- ½ head green cabbage, cored and thinly sliced
- 1 onion, chopped
- 3 cloves garlic, thinly sliced
- 1 tablespoon jarred horseradish
- ½ bunch flat-leaf parsley, chopped

1. Preheat the broiler. In a pot, combine the potatoes and enough salted water to cover by 1 inch. Cover and bring to a boil, then uncover and cook until fork-tender, about 10 minutes; drain. Mash in ½ cup chicken broth and the cream; season with salt and pepper.

2. Meanwhile, in a large, ovenproof skillet, cook the sausage over medium-high heat, breaking it up, until browned, 5 to 7 minutes; using a slotted spoon, transfer the sausage to a bowl. Add the cabbage, onion and garlic to the pan, season with salt and pepper and cook until golden, about 5 minutes. Stir in the remaining 1½ cups chicken broth and the horseradish. Bring to a boil, then lower the heat and simmer until the liquid is reduced, about 10 minutes. Stir in the cooked sausage and the parsley, reserving 1 teaspoon for sprinkling.

3. Spoon the mashed potatoes onto the sausage mixture and broil until the potatoes are golden, about 5 minutes. Sprinkle with the reserved parsley.

pair with
a citrusy
pale ale. Try
Sierra Nevada
Torpedo Ale
(CA, \$9 for a
six-pack).

plan it

PREP the apple just before using to prevent it from turning brown.

MARINATE a seeded and finely chopped jalapeño in the lemon juice to add a kick to the slaw and dressing.

SKIP the small tortillas and fill large wraps with the chicken, bacon, dressing and slaw.

Grilled Chicken Soft Tacos with Scallion Dressing

SERVES 4 PREP 15 MIN GRILL 20 MIN

- ¼ head green cabbage, cored and thinly sliced
- Juice of 2 lemons (about ½ cup)
- Salt and pepper
- 6 slices bacon
- 8 small flour tortillas
- 4 scallions
- ¼ cup plus 3 tablespoons extra-virgin olive oil
- 2 chicken cutlets (about 1 pound)
- 1 granny smith apple, peeled and cut into matchsticks
- Sour cream, for serving

1. Preheat a grill to medium-high. In a bowl, toss the cabbage with half of the lemon juice and season with 1 teaspoon each salt and pepper. Microwave the bacon on a paper-towel-lined plate on high heat until crisp, about 4 minutes; crumble.

2. Grill the tortillas, turning once, until lightly charred, about 3 minutes; wrap in a kitchen towel to keep warm.

3. Meanwhile, in a bowl, toss the scallions with 1 tablespoon olive oil and season with salt and pepper. Grill, turning, until slightly charred, 3 to 5 minutes. Using the same bowl, toss the chicken with

2 tablespoons olive oil and season with salt and pepper. Grill, turning once, until cooked through, 6 to 8 minutes. Let the chicken rest for 5 minutes before thinly slicing along with the scallions.

4. In a small bowl, add the remaining lemon juice and slowly whisk in the remaining ¼ cup olive oil; season with salt and pepper. Stir in the sliced scallions and the apple. Divide the chicken among the tortillas and top with the vinaigrette and bacon. Serve with the sour cream and slaw.

Grilled Beef-and-Horseradish Sandwiches

SERVES 4 PREP 25 MIN GRILL 15 MIN

- 3 tablespoons extra-virgin olive oil
- 2 onions, thinly sliced
- Salt and pepper
- 1 1/4 pounds flank steak
- 3/4 cup mayonnaise
- 1/4 cup jarred horseradish
- 1 loaf italian bread, cut crosswise into 8 slices, ends trimmed and reserved for another use
- 4 ounces arugula
- 6 ribs celery, cut into sticks

1. Preheat a grill to medium-high heat. In a medium skillet, heat 2 tablespoons olive oil over medium heat. Add the onions,

season with salt and pepper and cook until golden-brown, about 15 minutes.

2. Brush the steak with the remaining 1 tablespoon olive oil and season with salt and pepper. Grill, turning once, for about 12 minutes for medium-rare; let rest for 10 minutes before thinly slicing.

3. Meanwhile, in a small bowl, stir together the mayonnaise, horseradish and a pinch each salt and pepper. Spread onto one side of each bread slice.

4. Divide the sliced beef among 4 bread slices, then top with the caramelized onions and the arugula and set the remaining bread slices into place. Serve with the celery sticks.

plan it

REVIVE limp celery by submerging it in ice water for at least 15 minutes.

COOK enough caramelized onions in Step 1 (use about 1/4 cup extra-virgin olive oil) to use on Wednesday and Thursday.

TOAST the bread and serve the sandwiches with warmed beef broth for a twist on the classic french dip.



pair with
a tangy, non-oaked
chardonnay.
Try Yalumba "Y
Series" Unwooded
Chardonnay 2009
[Australia, \$12].

plan it

PULL plain dental floss taut and use it like a knife to slice the goat cheese.

ADD the caramelized onions from Tuesday in Step 3 when tossing the salad with the dressing.

TOSS the kale leaves with extra-virgin olive oil, salt and pepper; roast with the other vegetables until just golden.

Roasted Vegetable Salad with Garlic Vinaigrette

SERVES 4 PREP 10 MIN BAKE 30 MIN

6 carrots, sliced on the diagonal
¼ inch thick

2½ onions, chopped

1 pint grape tomatoes

⅓ cup plus 5 tablespoons
extra-virgin olive oil

Salt and pepper

2 trimmed ends from 1 loaf italian
bread, cut into bite-size cubes

1 clove garlic, finely chopped

Juice of 1 lemon

2 bunches kale, tough stems
discarded and leaves thinly sliced

One 4-ounce log goat cheese,
quartered crosswise

1. Preheat the oven to 425°. On a rimmed baking sheet, toss the carrots, onions and tomatoes with 3 tablespoons olive oil. Spread into a single layer, season with salt and pepper and roast, tossing halfway through, until golden, about 30 minutes. On a separate baking sheet, drizzle the bread cubes with 2 tablespoons olive oil, season with salt and pepper and toss. Bake until crisp, about 7 minutes.

2. Meanwhile, in a small bowl and using the back of a spoon, mash the garlic with a pinch salt. Whisk in the lemon juice, then slowly whisk in the remaining ⅓ cup olive oil; season with salt and pepper.

3. In a large bowl, combine the kale and roasted vegetables and toss with the dressing. Divide among 4 plates and top each with some croutons and a round of goat cheese.

discover the winning philly pheeling

GRAND PRIZE WINNER:

Barbara Estabrook, Rhinelander, WI

Cheese, Wild Mushroom 'n Bacon Pie

Philly Cream Cheese makes this a silky, savory update to the traditional quiche.

Prep: 25 min. Bake: 30 min. + standing

Makes: 6 servings

WHAT YOU NEED!

- 3 garlic cloves, peeled
- 1 tsp. canola oil
- 4 OSCAR MAYER bacon strips, cut into ½" pieces
- 1 lb. sliced assorted fresh mushrooms
- ¼ cup finely chopped sweet onion
- 3 eggs
- 1 pkg. (8 oz.) PHILADELPHIA cream cheese
- ½ tsp. salt
- ¼ tsp. pepper
- 1 sheet refrigerated pie pastry
- 1 cup (4 oz.) shredded sharp cheddar cheese
- 2 Tbsp. grated Parmesan cheese
- ½ tsp. paprika

MAKE IT!

PLACE garlic on a double layer of heavy-duty foil, drizzle with oil, wrap and bake at 425° for 15-20 min. until softened. Remove and cool.

In a large skillet, cook bacon until crisp. Remove and drain on paper towels reserving 2 tsp. drippings in skillet. Sauté mushrooms and onion in drippings until tender.

In a large bowl, beat eggs until foamy. Add softened cream cheese and beat well. Mix in salt, pepper, mushroom mixture and softened garlic.

UNROLL pastry in 9" pie plate; trim and flute edge. Fill with cheddar cheese and bacon. Pour egg mixture over the top. Sprinkle with Parmesan cheese and paprika.

BAKE at 375° for 30-35 min. until a knife inserted in the center comes out clean. Let rest for 15 min.



For more ways to add that
philly pheeling, visit spreadphilly.com



TUSCAN CHICKEN FRITTATA

Michael Cohen, Los Angeles, CA
MAIN DISH FINALIST



SMOKIN'-PHILLED CHICKEN BREASTS

Carolyn Kumpe, El Dorado, CA
MAIN DISH FINALIST



OVER-THE-BORDER SHRIMP ENCHILADAS

Beverly O'Ferrall, Linkwood, MD
MAIN DISH FINALIST



SMOKY, CREAMY MAC & CHEESE

Stephanie Bright, Simpsonville, SC
SIDE DISH WINNER



Smokin'-Philled Chicken Breasts

The flavorful, creamy filling transforms the everyday chicken into a rich and irresistible surprise.

Prep: 30 min. | **Bake:** 20 min. | **Makes:** 4 servings

WHAT YOU NEED!

- 1 pkg. (8 oz.) PHILADELPHIA cream cheese, softened
- ½ cup finely chopped fully cooked smoked ham
- 2 green onions, chopped
- 1 Tbsp. minced chipotle pepper in adobo sauce
- ½ tsp. salt
- ½ tsp. smoked paprika
- 4 boneless skinless chicken breast halves (6 oz. each)
- ⅓ cup all-purpose flour
- 1 egg, beaten
- 1 cup panko (Japanese) bread crumbs
- ¼ cup canola oil

MAKE IT!

In a small bowl, combine the first six ingredients; set aside. Cut a pocket in the thickest part of each chicken breast; fill with cream cheese mixture. Secure with toothpicks.

Place the flour, egg and bread crumbs in three separate shallow bowls. Coat chicken with flour, then dip in egg mixture and coat with crumbs.

In a large skillet, brown chicken in oil; transfer to an ungreased baking sheet. Bake at 400° for 20-25 minutes or until a meat thermometer reads 170°. Discard toothpicks before serving.

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spread a little 

Tuscan Chicken Frittata

Nuggets of cream cheese and plenty of sun-dried tomato and basil give this frittata a special touch and great flavor.

Prep: 20 min. | **Bake:** 20 min. | **Makes:** 6 servings

WHAT YOU NEED!

- 8 eggs
- ½ cup heavy whipping cream
- ½ cup minced fresh basil
- ¼ cup KRAFT grated Parmesan cheese, divided
- ½ tsp. salt
- ¼ tsp. pepper
- 1 pkg. (8 oz.) PHILADELPHIA cream cheese, softened and cubed
- ⅓ cup oil-packed sun-dried tomatoes, patted dry and chopped
- 1 cup shredded cooked chicken

MAKE IT!

In a large bowl, whisk the eggs, cream, basil, 2 Tbsp. Parmesan cheese, salt and pepper. Stir in cream cheese and sun-dried tomatoes.

Heat a 10-in. ovenproof skillet coated with cooking spray over medium heat; pour in egg mixture. As eggs set, lift edges to allow uncooked portion to flow underneath. Cook for 3-4 minutes or until frittata begins to set.

Sprinkle with chicken and remaining Parmesan cheese. Bake, uncovered, at 400° for 15-20 minutes or until eggs are completely set. Let stand for 5 minutes. Cut into wedges.

For more ways to add that Philly pheeling, visit spreadphilly.com

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Smoky, Creamy Mac & Cheese

The chive and onion cream cheese adds a new layer of delicious flavor to this grown-up mac & cheese that kids will love too.

Prep: 30 min. | **Bake:** 25 min. | **Makes:** 8 servings

WHAT YOU NEED!

- 2 cups uncooked elbow macaroni
- ¼ cup butter, cubed
- ¼ cup all-purpose flour
- 2 cups 2% milk
- 1 tub (8 oz.) PHILADELPHIA Chive & Onion Cream Cheese Spread
- 4 oz. VELVEETA Pasteurized Prepared Cheese Product, cut into ½-in. cubes
- 1 cup (4 oz.) KRAFT shredded sharp cheddar cheese
- 5 OSCAR MAYER bacon strips, cooked and crumbled
- ¼ tsp. salt
- ⅛ tsp. pepper
- ⅓ cup panko (Japanese) bread crumbs
- 2 Tbsp. butter, melted

MAKE IT!

Cook macaroni according to package directions. In a large saucepan, melt butter. Stir in flour until smooth; gradually add milk. Bring to a boil; cook and stir for 1-2 minutes or until thickened. Stir in the cream cheese, VELVEETA, cheddar cheese, bacon, salt and pepper.

Drain macaroni; stir in cheese sauce. Transfer to a greased 8-in. square baking dish. Combine bread crumbs and melted butter; sprinkle over casserole. Bake at 350° for 25-30 minutes or until bubbly.

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Over-the-Border Shrimp Enchiladas

Southwest flavors get an unexpected spin from cream cheese and shrimp in this quick and easy weeknight favorite.

Prep: 20 min. | **Bake:** 20 min. | **Makes:** 8 servings

WHAT YOU NEED!

- 1 medium onion, chopped
- 2 Tbsp. olive oil
- ¾ lb. uncooked medium shrimp, peeled and deveined
- 1 can (4 oz.) chopped green chilies
- ½ tsp. chili powder
- ¼ tsp. salt
- ¼ tsp. ground cumin
- ¼ tsp. pepper
- 1 pkg. (8 oz.) PHILADELPHIA cream cheese, cubed
- 8 flour tortillas (8 inches), warmed
- 1 ½ cups chunky salsa
- 1 ½ cups (6 oz.) KRAFT shredded Monterey Jack cheese

MAKE IT!

In a large skillet, saute onion in oil until tender. Add the shrimp, green chilies, chili powder, salt, cumin and pepper. Cook for 2-3 minutes or until shrimp turn pink. Stir in cream cheese until melted.

Place ½ cup shrimp mixture down the center of each tortilla. Roll up and place seam side down in greased 13-in. x 9-in. baking dish. Pour salsa over the top; sprinkle with Monterey Jack cheese.

Bake, uncovered, at 350° for 20-25 minutes or until heated through.

For more ways to add that Philly pheeling, visit spreadphilly.com

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plan it

FREEZE the unused parsley stems and add them to a soup during cooking for extra flavor; discard before serving.

DOUBLE the batch of potato salad and refrigerate half in an airtight container for up to three days.

SMOTHER the pork chops in horseradish and refrigerate for 30 minutes before grilling.

Grilled Pork Chops with Spiked Potato Salad

SERVES 4 PREP 20 MIN GRILL 15 MIN

- 6 baking potatoes (about 2 pounds), peeled and cut into ½-inch chunks
- ¾ cup mayonnaise
- ¼ cup jarred horseradish
- ¼ bunch flat-leaf parsley, stems discarded
- 1 granny smith apple, peeled and cut into bite-size pieces
- ¼ large red onion, thinly sliced

2 ribs celery, cut into ½-inch pieces
Salt and pepper

1 tablespoon extra-virgin olive oil, plus more for drizzling
Four 1-inch-thick pork chops

1. Preheat a grill to medium-high. In a pot, combine the potatoes and enough salted water to cover by 1 inch; cover and bring to a boil. Lower the heat and simmer until fork-tender, about 5 minutes. Drain in a colander, rinse with cold water and shake to remove any excess water.

2. In a large bowl, stir together the mayonnaise, horseradish and parsley. Stir in the apple, onion and celery; season with salt and pepper. Stir in the potatoes and drizzle with 1 tablespoon olive oil; gently stir to combine, then refrigerate.

3. Drizzle the pork chops with olive oil and season with salt and pepper. Grill, turning once, for about 12 minutes for medium. Serve with the potato salad.

pair with a crisp, medium-bodied, peachy **moscofilero**. Try Domaine Skouras Moscofilero 2009 (Greece, \$15).

plan it

COAT the fish in seasoned flour before and after dipping into the egg for extra crunch.

SKIP the couscous! Make a fish sandwich on a hoagie roll using the pickled onions, parsley and a smear of tartar sauce.

MAKE fish cakes with leftovers: Flake the fish and finely chop the pickled onions, stir into the couscous, bind with a beaten egg and fry in oil until crisp.

Lemon Tilapia with Garlic-Parsley Couscous

SERVES 4 PREP 15 MIN COOK 10 MIN

½ large red onion, thinly sliced
Juice of ½ lemon, plus ½ lemon cut lengthwise into 4 wedges
Salt and pepper
3 tablespoons extra-virgin olive oil
3 cloves garlic, thinly sliced
2 cups chicken broth
One 10-ounce box plain couscous
¼ bunch flat-leaf parsley, chopped
2 eggs
Four 5-ounce tilapia fillets

1. In a small bowl, combine the onion and lemon juice and season with salt and pepper. In a medium saucepan, heat 1 tablespoon olive oil over medium heat. Add the garlic and cook for 1 minute. Add the chicken broth, season with salt, cover and bring to a boil. Stir in the couscous and parsley and remove from the heat; cover and let stand for at least 5 minutes before fluffing with a fork.

2. On a shallow plate, beat the eggs with 1 tablespoon water. In a large nonstick skillet, heat

1 tablespoon olive oil over medium-high heat. Working in 2 batches, season the fish with salt and pepper, then dip into the egg mixture, turning to coat; add to the pan. Cook, turning once, until golden, about 5 minutes; transfer to paper towels to drain. Repeat with the remaining 1 tablespoon olive oil and the remaining fish and egg mixture.

3. Divide the couscous among 4 plates. Arrange the fish on top and sprinkle with the pickled onions. Serve with the lemon wedges.

Cabbage-and-Potato Frittata with Bacon

SERVES 4 PREP 15 MIN COOK 30 MIN

- 10 eggs
- Salt and pepper
- 8 slices bacon
- 2 baking potatoes (about 10 ounces), peeled and cut into ½-inch cubes
- 2 carrots, cut into ½-inch cubes
- ¼ head green cabbage, cored and thinly sliced
- ½ onion, cut into ½-inch pieces
- Sour cream, for serving
- 1 scallion, thinly sliced

1. Preheat the oven to 375°. In a large bowl, beat the eggs with 1 teaspoon salt and ¼ teaspoon pepper. In a large, ovenproof nonstick skillet, cook the bacon over medium-high heat until crisp, 5 to 7 minutes; drain on paper towels. Crumble the bacon. Reserve 3 tablespoons bacon fat in the pan and discard the rest.

2. Add the potatoes and carrots to the pan and cook over medium-high heat, stirring occasionally, until softened, about 5 minutes. Stir in the cabbage and onion, season with salt and pepper and cook until browned, about 5 minutes.

3. Stir the eggs into the vegetables. Cook until the edges begin to set but the center is runny, about 3 minutes. Transfer to the oven and bake until the eggs are set in the center and the edges are golden-brown, about 10 minutes. Invert the frittata onto a large plate, then reinvert onto a serving platter; cut into wedges. Serve with the sour cream, bacon and scallion.

plan it

STIR IN the caramelized onions from Tuesday with the eggs in Step 3.

SPRINKLE the frittata with 1 cup goat cheese crumbles before transferring to the oven.

POUR excess bacon fat into a heatproof vessel and use it instead of oil or butter when cooking.



spread
a little
tongue
waggin',

Make your pasta more primo when you stir in ½ cup of Philly.



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Family Matters

Load up on your fave toppings (like guac, cheddar and tortilla chips) with this Mexican-inspired tomato soup. BY TRACEY SEAMAN | PHOTOGRAPH BY MARCUS NILSSON

South-of-the-Border Tomato Soup

SERVES 4 PREP 25 MIN COOK 5 MIN

- 4 pints grape tomatoes
- 2 tablespoons extra-virgin olive oil
- Salt and pepper
- 2 cups chicken broth
- 1 teaspoon honey
- 1 ripe hass avocado
- ¼ cup plain reduced-fat greek yogurt
- 4 ounces sharp yellow cheddar cheese, shredded (1 packed cup)
- ½ teaspoon ancho chile powder
- 1½ cups lightly crushed baked tortilla chips

1. Preheat the oven to 450°. Line a large baking sheet with parchment and place the tomatoes on top. Drizzle with the olive oil; season with salt and pepper. Roast the tomatoes until the skins begin to split and blister, about 15 minutes.

2. Transfer the tomatoes and any juices to a food processor. Add 1 cup chicken broth and process until coarsely pureed, about 10 seconds. Force the mixture through a fine sieve set over a medium saucepan; discard the pulp. Add the honey and the remaining 1 cup chicken broth to the saucepan and bring to a simmer over medium heat, whisking occasionally, about 5 minutes; season with salt and pepper.

3. Meanwhile, in a small bowl, mash the avocado; stir in the yogurt and season with salt and pepper. Place the cheese in a medium bowl and sprinkle the chile powder on top. Ladle the soup into bowls and serve with the avocado cream, cheese and tortilla chips.



behind the recipe

West Mylroie may be homeschooled, but that doesn't keep him from packing an inspired lunch every morning—the spicier, the better. His go-tos include tacos, pepper jack cheese and an exotic pita “pyramid” (with peanut butter, hummus and chicken) that he came up with after studying ancient Egypt. Our jazzed-up South-of-the-Border Tomato Soup with all its fixins was right up his alley! In fact, West, 7, his sister Sailor, 9, and their mom all gave it rave reviews: “We added a little extra chili powder to make it fiery—just the way I like it,” says West. “Next time we’ll make a bigger batch so there’ll be plenty of leftovers.”

—SARAH ZORN



yum-o!

TIPS OF THE MONTH

Once the kids are back to the school-day grind, it's all too easy to fall into a brown-bag rut. Try these homemade (and healthy!) twists on a classic lunch combo:

→ instead of the standard turkey sandwich...

Try a stickwich! Spear cherry tomatoes, cubes of crusty whole wheat bread, cucumber, turkey or chicken, and cheese onto small skewers. Serve with a container of mustard or low-fat dressing for dipping.

→ instead of preservative-laden, high-fat chips...

Cut corn or flour tortillas into fun shapes using cookie cutters. Brush lightly with extra-virgin olive oil, sprinkle with your favorite spices and bake in a 350° oven until light brown and crisp, about 10 minutes.

Stuck on You

What's better than a snickerdoodle? How about two, sandwiched together with a buttery hazelnut cream filling?

BY SILVANA NARDONE | PHOTOGRAPHY BY STEPHEN SCOTT GROSS



• Scrape each scoop of dough on the mixer bowl edge to level off so the mounds will sit flat on the cookie sheet.



• Gently roll the rounded side of the cookie mounds in sugar.



• Grind the hazelnuts into a paste in a food processor.



• Use prepared all-natural nut butter for a quick swap.



"I can't say that my Italian-American upbringing yielded any snickerdoodles, but these cookies have grown on me—and my kids!—through the years. I like adding the hazelnut filling to round out the rich, buttery flavors and to bring out the hint of spice."

Hazelnut-Cream-Stuffed Snickerdoodle Sandwich Cookies

MAKES 6 PREP 15 MIN BAKE 15 MIN

- 1 1/4 cups flour
- 1 teaspoon baking powder
- 3/4 teaspoon ground cinnamon
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 stick (4 ounces) plus 2 tablespoons unsalted butter, at room temperature
- 1/2 cup packed light brown sugar
- 1/4 cup plus 2 tablespoons granulated sugar
- 1 egg
- 1 teaspoon pure vanilla extract
- 3/4 cup blanched and peeled hazelnuts, toasted
- 1/4 cup confectioners' sugar, sifted

1. Preheat the oven to 375° and line a cookie sheet with parchment. In a small bowl, whisk together the flour, baking powder, 1/4 teaspoon cinnamon, the baking soda and salt. Using a mixer, cream 1 stick

butter, the brown sugar and 1/4 cup granulated sugar until fluffy, about 2 minutes. Beat in the egg and vanilla. Mix in the flour mixture at low speed.

2. In a small bowl, mix together the remaining 2 tablespoons granulated sugar and 1/2 teaspoon cinnamon. Using a 1 1/2-inch scoop, form 12 mounds. Dip the rounded side of each mound into the sugar mixture to coat, then place sugar side up and 2 inches apart on the prepared cookie sheet. Bake the cookies until golden at the edges, 12 to 15 minutes. Let cool for about 2 minutes, then, using a spatula, transfer to a rack to cool completely.

3. Meanwhile, using a food processor, finely grind the hazelnuts. Add the confectioners' sugar and the remaining 2 tablespoons butter; process until smooth. Spread 6 cookies with about 2 teaspoons hazelnut cream each and sandwich with the remaining 6 cookies.

A close-up photograph of a stack of gingerbread cookies with a light-colored cream filling. The cookies are round and have a slightly textured surface. In the background, a glass of milk is visible, and a butter knife lies on the surface next to the cookies. The scene is set on a dark wooden surface.

"Spice things up even more! Add ¼ teaspoon ground cardamom along with the cinnamon."



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get together

the go-to guide for a good time



PHOTOGRAPH BY LEVI BROWN; PROP STYLING BY RICHIE OWINGS FOR HALLEY RESOURCES; ILLUSTRATIONS BY CARLOS APONTE

stick to it

Here's a sweet idea: Use lollipops as color-coordinated cocktail stirrers. Turn the page for more easy party tricks. ➔

READY, SET



COOK



GET TOGETHER



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EVERYDAY

parties



trick out your party

Rach's buddy **Evette Rios** shares her clever entertaining ideas—starting with new uses for items you already have around the house.

JAZZ UP YOUR NAPKINS.

Try the **envelope fold**: Fold the right edge of an open napkin to the center; repeat with the left. Fold the bottom edge to the center; repeat with the upper (so they meet in the middle). To create the "flap," fold the upper corners to meet in the middle, then fold down.

CONTAIN THE EXCITEMENT.

Don't plop flowers in the same old vase. Instead, fit a smaller **vase** (or two, as we've done below) into one that's slightly larger, and fill the outer ring with candies, sand, decorative stones or coffee beans. (Works for utensils, too!)

BE TRAY CHIC.

Start with picture frames—and no, we're not suggesting a party shrine to your pup. Instead, repurpose your **frames** as drink trays. Swap out photos for fabric or wrapping paper—folks might not want to put down cocktails on your family members' faces.

SIT SMARTER.

You get a few more guests than expected, and chairs are so scarce even the stepladder is fair game. Don't stress. Unify the look of your hodgepodge of seats: Cover **chair backs** with pillowcases and finish them off with ribbon. Even folding chairs will look pretty!



high flutin'

Next time you're partying with bubbly, name-drop scientist Bill Lembeck, who took it upon himself to calculate the number of bubbles in a bottle of champagne. His conclusion? 49 million!

can't beat the band

Rubber bands are party-trick rock stars! They're great for organizing supplies before and after, but just as handy during the party. Use them in a pinch as wineglass IDs (just jot names on the bands in marker), or secure one around a bunch of short-stemmed flowers to create a full "pom-pom" arrangement.

See more of Evette's clever party tricks and decorating videos at rachaelraymag.com/september.

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**making
good
time**

Whether your party is tomorrow or (gulp) 60 minutes from now, you have time to do it up right.



1 DAY before the party...

1 Give your cheese plate a proper platform. Pick up a piece of slate at any home-improvement or tile store. Wash and air-dry it, then attach stick-on felt to the back (to keep it from scratching your tabletop). For a darker finish, coat it with olive oil. And don't forget chalk for labeling each cheese.

2 Revamp a tablecloth with stamps. Press a few onto the cloth using fabric paint, which stays soft and flexible. After it dries (in four to five hours), the cloth can be laundered normally. Just iron it on the reverse side.

3 Upgrade plastic chargers. Give them some character with spray paint. (Paint designed for plastics sticks better.) Go with bright, metallic or even DIY patterns, like stripes or plaid.

4 HOURS before the party...

1 Make custom coasters for guests to take home. Start with plain coasters (stone or ceramic work best) or spare tiles. Size your photos to the coasters' dimensions and print on photo-transfer paper. Soak in cool water for a few minutes, until the paper backing separates from the images, then carefully slide the images onto moistened coasters. Let dry for about 15 to 30 minutes, then finish with a clear, gloss-finish acrylic spray. After that dries (30 to 45 minutes), they're ready to use. Evette made these for Rachael from her wedding photos!

2 Put a new twist on votive-candle arrangements. Make your next arrangement a little organic: Hollow out veggies and put candles inside. Try peppers, squash and artichokes, which are especially sturdy and will last all party long. Be sure to trim a bit off of the bottom to create a flat base.

3 Create wineglass markers with flowers. Attach a flower (cut with a 2-inch stem) to the bottom of each glass with floral putty. Chrysanthemums are ideal—they're hearty and grow in so many colors that distinguishing glasses is easy.



1 HOUR before the party...

1 Switch to lower-wattage bulbs for instant mood lighting. Go as low as 25 watts for white bulbs, and keep a stash of 25- to 40-watt pastel-colored bulbs on hand for parties. They make everything—and everyone—look peachy and fresh. (Your guests might even thank you!)

2 Nix the trip to the flower shop. Just fill vases and other clear containers with water, then mix in food coloring. The bright hues will make an instant impact, and the containers' varied shapes and sizes will add visual interest.

3 Bring back doily decorations. Newsflash: Grandma's doilies are chic again. Place under clear glass plates for fast, unexpected elegance.



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after-school special

The magic of dinner at home: You get to make a meal just the way you like it. **Silvana Nardone**, *Every Day with Rachael Ray* editor-in-chief and author of *Cooking for Isaiah*, puts together a kid-approved menu for her gluten-sensitive son, Isaiah, and his friends, and lets the gang help pull it together.

Gluten-free or not, these are dishes any family would be happy to come home to. PHOTOGRAPHY BY STEPHEN SCOTT GROSS



FOOD STYLING BY TRACEY SEAMAN; PROP STYLING BY MEGHAN GUTHRIE;
FASHION STYLING BY CATE SHEEHY; HAIR AND MAKEUP BY MAYSOON FARAJ



Chili-spiced onion rings get really crisp when shallow-fried. And there's no need for special equipment or a ton of oil, like you would need for deep-frying.

Onion Rings

SERVES 6 PREP 15 MIN COOK 15 MIN

Vegetable oil, for frying

3 cups pancake mix
(gluten-free, if desired)

1½ teaspoons chili powder
Salt

2 cups cold seltzer

3 large onions, cut crosswise
into ½-inch slices and separated
into rings

1. In a large, deep skillet, heat 3 inches of oil over medium-high heat until it registers 380° on a deep-fat thermometer.

2. Meanwhile, in a large bowl, combine the pancake mix, chili powder and 1½ teaspoons salt. Whisk in the seltzer until smooth. Working in batches, coat the onion rings with the batter, letting the excess drip off; add to the oil and fry, turning once, until golden and crisp, about 2 minutes. Drain on paper towels and sprinkle with salt.

Sparkling Pink Lemonade

MAKES 12 DRINKS

Juice of 6 lemons (about 1 cup),
plus 1 lemon, thinly sliced

¾ cup superfine sugar

5 cups seltzer, chilled

½ cup cranberry juice, chilled

Strain the lemon juice into a large serving pitcher. Add the sugar and stir until dissolved. Stir in the seltzer, cranberry juice and lemon slices.

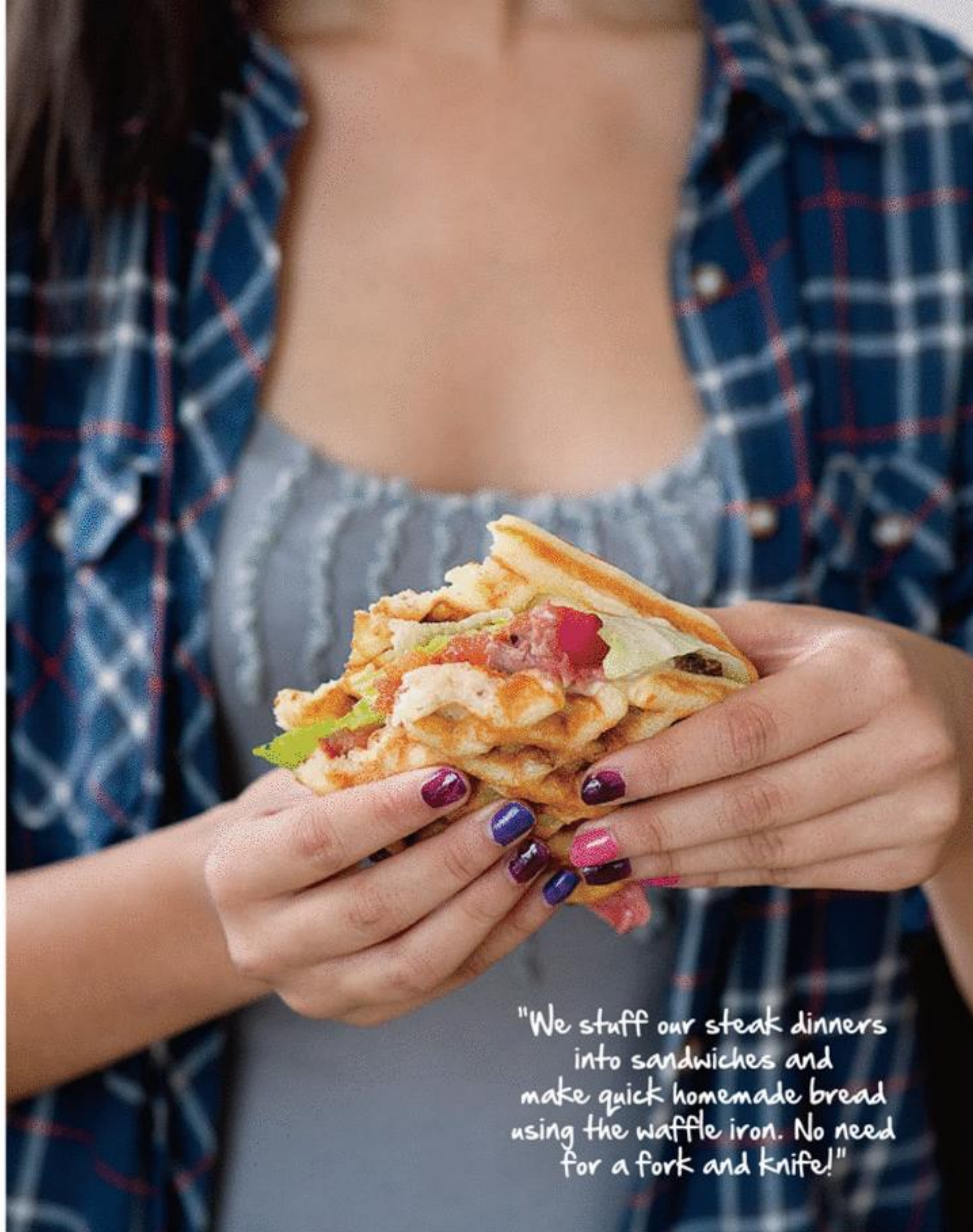
What's gluten?

It's the main protein in wheat and other grains, including barley and rye. Some easy-to-find gluten-free alternatives include corn, rice and potatoes. Depending on your needs, the recipes here can be made with all-purpose flour or a gluten-free flour blend.





Let the kids mix the waffles, and don't worry about overstirring. There's no gluten, so the batter won't stiffen up, no matter how many spins it takes around the bowl.



"We stuff our steak dinners into sandwiches and make quick homemade bread using the waffle iron. No need for a fork and knife!"

Skirt Steak Sandwiches on Bacon Waffle Bread

SERVES 6 PREP 20 MIN COOK 25 MIN

- 6 tablespoons mayonnaise
- 1½ teaspoons fresh lemon juice
- 3 tablespoons dijon mustard
- Salt and pepper
- 1½ pounds skirt steak, cut into 6 pieces
- Extra-virgin olive oil, for brushing
- 6 slices cooked bacon, crumbled
- 3 cups pancake mix (gluten-free, if desired), prepared according to package directions
- Cooking spray
- 6 leaves iceberg lettuce
- 3 tomatoes, thinly sliced

1. In a small bowl, combine the mayonnaise, lemon juice and 1½ tablespoons mustard. Season with salt; refrigerate.

2. Preheat a grill or grill pan to high. Brush the skirt steak with olive oil, season with salt and pepper and grill, turning once, for about 8 minutes for medium-rare; let sit. Thinly slice against the grain.

3. Meanwhile, preheat a waffle iron to medium-high. In a large bowl, stir the bacon and the remaining 1½ tablespoons mustard into the prepared pancake batter.

4. Grease the waffle iron with cooking spray and, working in batches, pour in enough batter to barely fill each square; close and cook according to manufacturer's instructions until golden. Spread each waffle with some of the lemon mayonnaise. Top with a lettuce leaf, tomato slices, steak slices and another waffle bread slice, mayo side down.



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Banana Doughnuts with Banana Frosting

MAKES 12 PREP 15 MIN BAKE 15 MIN

- 1¼ cups flour (gluten-free, if desired), plus more for dusting
- 2 teaspoons baking powder
- ½ teaspoon salt
- 1¾ teaspoons ground cinnamon
- 1 cup granulated sugar
- 2 eggs, at room temperature
- 1¾ cups mashed ripe bananas (about 4 bananas)
- 4 teaspoons pure vanilla extract
- ½ cup vegetable oil
- ¼ cup shortening, at room temperature
- 2¼ cups confectioners' sugar
- ¼ teaspoon fresh lemon juice

1. Preheat the oven to 350°. Grease 2 nonstick, 6-count doughnut pans. In a large bowl, whisk together the flour, baking powder, salt and 1½ teaspoons cinnamon. In a small bowl, whisk together the granulated sugar, eggs, 1¼ cups mashed bananas, 2 teaspoons vanilla and the oil. Stir the wet ingredients into the dry until just combined. Spoon the batter about three-quarters full into the prepared pans. Bake until golden and a toothpick inserted comes out dry, 12 to 15 minutes; let cool completely on a rack.
2. Meanwhile, in a food processor, combine the shortening, confectioners' sugar, the remaining ½ cup banana, 2 teaspoons vanilla and ¼ teaspoon cinnamon, and the lemon juice. Glaze the doughnuts with the frosting.

The frosting is made with mashed bananas for a healthy (and tasty) touch. It's good brain food for getting homework done after dinner.



Silvana's favorite (gluten-free) things

dishtoweldiaries.com

"I started my new blog to help other families with food allergies take the guesswork out of cooking," Silvana says. It's home to her family's favorite gluten-free and gluten-full recipes.

Gluten-Free Girl and the Chef (\$30, amazon.com) Shauna James Ahern and her husband, Daniel, are fellow gluten-free recipe writers. "Their new cookbook is a love story with food at the heart. Just my kind of cooking!"

Rice Chex Cereal (\$4, grocery stores) "This cereal isn't too sweet, so it's more than just breakfast. I like to crush it and use it as breadcrumbs in my savory dishes, too."

Udi's White Sandwich Bread (\$5, udisglutenfree.elsstore.com) "Even though Udi's version is made with potato, tapioca starch and brown rice flour, it's soft as can be and has that classic taste."

Cherrybrook Kitchen Gluten Free Dreams Pancake & Waffle Mix (\$5.50, cherrybrookkitchen.com) "This is my store-bought savior when I run out of my homemade mix. The kids know how to use it without my help."

Ritrovo Il Macchiaiolo Corn Pastas (\$10, ritrovo.com for stores) Gluten-free pasta often has a Goldilocks problem: It's either too mushy and sticky, or too dry and brittle. "This one is just right, and I love the bright yellow color."



While the kids sip fizzy lemonade, you can get the party started. "We break out the Wii for a friendly dance-off between Mom and the gang!"





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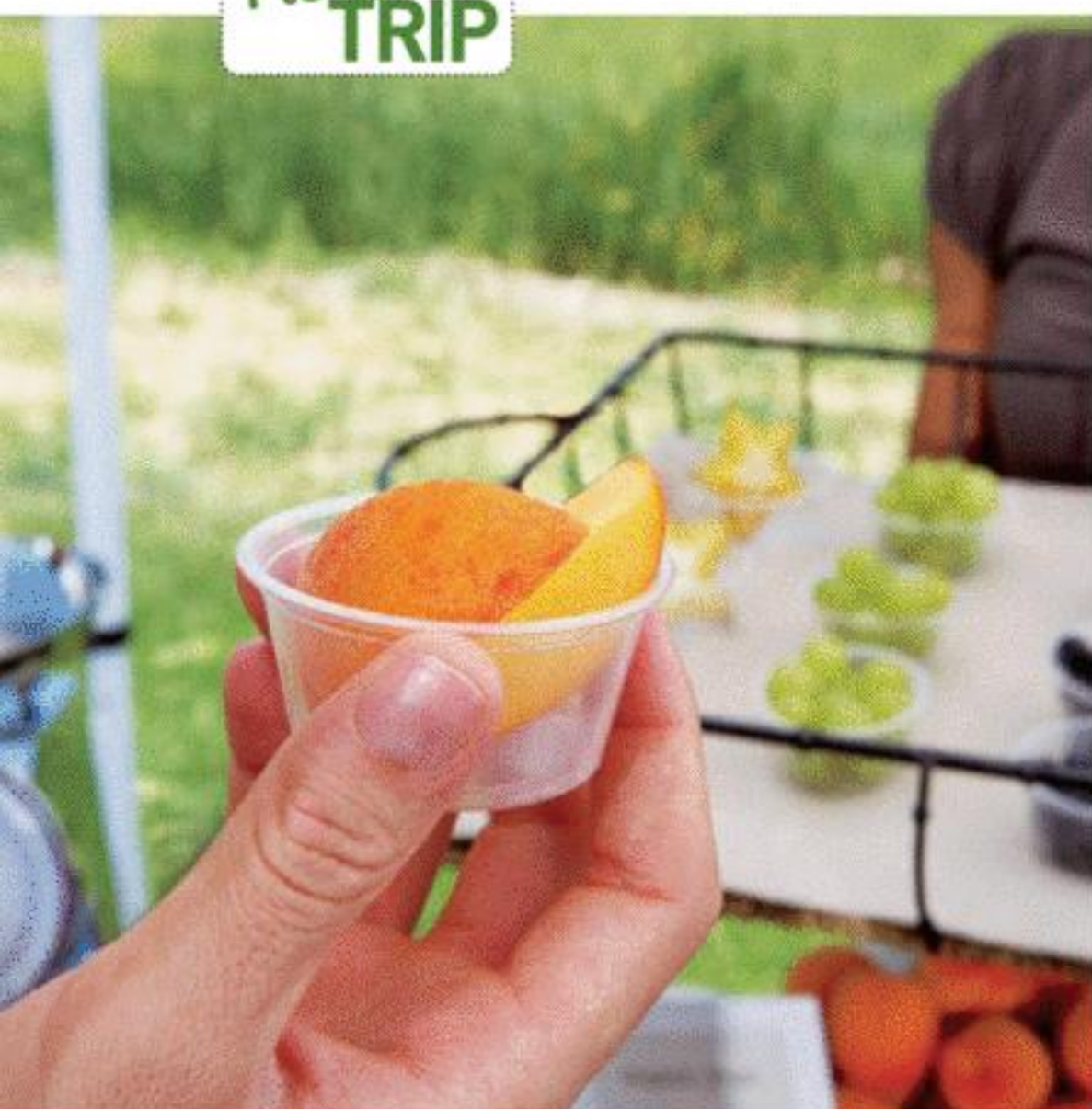


field TRIP

Turn the greenmarket into
your personal playground.

BY CARA BIRNBAUM

This Sunday, take your brunch gang to one of the most underrated parties around: the farmers' market. Skeptical? There's free food (samples of jam, pickles) and drink (local organic wines). There are plenty of people—chatty shoppers and fun-loving farmers. Plus, there's dancing. Well, there could be, if you dare your pals to form a conga line through the baskets of tomatoes. Once your tote bags are bursting, keep the party going: Invite everyone back to your place and slice those jonagolds into a homemade apple pie.



farmers' market almanac

Shop the stands like a pro.

- 1 come prepared** Bring some canvas totes, sunscreen, water bottles and cash. (Most markets aren't set up to take credit cards.) Because groceries will be stacked on each other, shop for the sturdiest stuff first, says farmers' market expert Deborah Madison. Think potatoes at the bottom, berries on top.
- 2 scope out the scene** Take your friends on a loop around the market before reaching for your wallet—or risk wishing you'd held out for the juicier strawberries five stalls down. Eye the produce (a misshapen tomato is fine; wilted greens are not), smell the fish (if it stinks, keep walking) and follow the crowds—the most popular farm stands at the market usually get that way for a reason. After your recon mission, circle back with a mental shopping list.
- 3 sample strategically** Farmers want you to try their goodies, so expect to find samples. But rather than nibbling mindlessly, use those giveaways to broaden your palate. Dare your friends to taste the pear-chipotle jelly. Have everyone try a different heirloom tomato to see which one comes out on top.
- 4 talk to strangers** While it may be easiest to stick with your close-knit crew, this is a great place to widen your circle. Most farmers are happy to tell you how often their blackberries are sprayed—or where your gang can go next weekend to pick their own. Ask about the difference between white eggs and brown, or how to cook that knobby hunk of celeriac. If the farmer's too busy to answer, no doubt someone in line next to you will pipe up.
- 5 time it right** Consult with your crew ahead of time to decide what kind of market scene you're up for. Hit the stalls first thing in the morning if you want the run of the place—and your pick of the freshest goods. For a more bustling scene, go midday. An hour before closing time, farmers start to slash prices.



"The farmers' market is connective, busy, happy—full of people enjoying themselves."

—DEBORAH MADISON



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Get it together

Parties can be stressful whether you're celebrating at the office with co-workers or at home with the kids. Here are our readers' tips on how they keep everything fun and festive.



WORK TIPS

Remember: A work party is still WORK. Don't drink too much and watch your manners!

— Erin W.

Surprising a co-worker in the morning with a baby shower breakfast or birthday muffin 'cake' is a great way to boost morale and celebrate a special occasion.

— Kathleen M.

A potluck dinner allows guests to show off their blue-ribbon brownies or fun and easy hors d'oeuvre recipe without having to worry about the menu.

— Lori G.

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spend less

Farmers may not take coupons, but they still offer plenty of bargains.



embrace the rejects Psst! Those cracked, slightly overripe tomatoes are delicious—and farmers will let you haul them away for a song. "They make a great pasta sauce," says Louisa Shafia, author of the seasonally driven cookbook *Lucid Food*. Whip up a pot and freeze it for a taste of summer all winter long.



eat it all Even the fanciest organic veggies are cheap if you use every last bit of them. Sauté beet greens, turn onion skin into stock, and peel broccoli stalks to reveal their tender insides.



make friends with a ham hock ...not to mention a lamb shank, beef chuck deckle and pork butt. Unlike expensive steaks and chicken breasts, those often overlooked cuts of meat are priced to sell because they require a little more work on your end. "They need to be slow-cooked, but they are really tasty," Shafia says. Another way to save: Roast a whole chicken (rather than parts) and eat it all week.



pay for flavor Any way you slice it, nine bucks for cheese is a lot of money. That's why Deborah Madison, author of *Local Flavors*, scouts out pungent varieties that add big taste in small doses.



"It's fun to go to the farmers' market hungry and pick up cheese, fresh whole grain bread, homemade jams and smoked meat. Make yourself a picnic." —LOUISA SHAFIA



RECIPE PHOTOGRAPH BY TARA DONNE; FOOD AND PROP STYLING BY PAUL LOWE.

Quick Apple Pie à la Mode

SERVES 8 PREP 20 MIN BAKE 20 MIN

- 1 sheet refrigerated piecrust
- 4 tablespoons butter
- ½ cup brown sugar
- ½ cup plus 2 tablespoons granulated sugar
- ⅓ cup plus 2 tablespoons apple juice
- 1½ tablespoons cornstarch
- ½ teaspoon ground nutmeg
- ½ teaspoon ground cinnamon
- ½ teaspoon salt
- 4 apples, peeled and cut into ½-inch chunks (about 6 cups)
- ½ cup chopped pecans
- Vanilla ice cream, for serving

1. Preheat the oven to 350°. Line a 9-inch pie plate with the piecrust.

Crimp the edges and pierce all over with a fork; bake until golden, about 15 minutes. Let cool.

2. Meanwhile, in a large skillet, melt the butter over medium heat. Stir in the brown sugar, ½ cup granulated sugar, ⅓ cup apple juice, the cornstarch, nutmeg, cinnamon and salt. Stir in the apples and cook, stirring occasionally, until tender, about 15 minutes; let cool.

3. In a bowl, combine the pecans with the remaining 2 tablespoons each granulated sugar and apple juice; spread on a baking sheet and bake until toasted and the coating has hardened, about 5 minutes.

4. Spread the mixture in the prepared pie shell. Top with scoops of the ice cream and the candied pecans.

advertisement



PERSONAL TIPS



I like to have the party outside of my home. I bring the cake and some goodies. The best part is, someone else has to clean up!

— Teri F.

Ask for help. Friends and other parents are the best resources for a good party!

— Tammy M.

Budget, budget, budget. I make a budget when I first begin planning the party. And I do my best to stick to it.

— Elizabeth W.

We let the children make their own party favors. It's fun for the kids, and they like what they get!

— Anna S.

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go away

your ticket to a great escape

into focus

Bring a small video camera to cooking class (if you can) and you'll come home with the best souvenir: a personalized cooking show! For great culinary classes around the globe, turn the page. ➡

READY, SET



COOK



GET TOGETHER



GO AWAY





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EVERYDAY **travel**



take a cooking trip

Imagine learning how to whip, flip and sauté, all while on vacation! Before you go, read up on how to get the most from your culinary voyage. BY LEAH KOENIG

REACH FOR THE STARS

Check your favorite chef or cookbook author's website to see if he or she leads public cooking demos or tours, or teaches private lessons. (Chez Panisse **pastry** veteran David Lebovitz leads tours.)

LOOK TO THE PROS

Reserving your **vacation** through an agency (epitourean.com or gordonsguide.com) can save you money—they have access to package deals—and can secure you a spot in an otherwise sold-out class.

DO YOUR HOMEWORK

Search **YouTube** for video clips of class instructors. You'll get a sense of their culinary and teaching styles before committing to spending an evening—or several days—cooking with them.

CONQUER YOUR FEARS

Chef John Wilson of Culinary Vacations Inc. encourages his students to forget their food dislikes and try everything they're not allergic to. If it's prepared the right way, you might find you like **calamari** after all!

looking sharp

Karen Bates, cooking instructor at The Apple Farm in California, says you don't need to buy a knife sharpener: Just sharpen your knives on the edge of an unglazed ceramic bowl.



Organize on the go

Travel can be hectic, whether for business or for pleasure. Here are our readers' tips on how they keep things running smoothly.



WORK TIPS

“Always provide your staff with a detailed itinerary. This way they know how and when to reach you.”

— Patricia P.

“I always pack using a carry-on when possible. Why waste time waiting for your luggage when you can already be on your way?”

— Jaimie O.

“My cell phone charger is just as important as my cell phone. I never want to be out of touch with the office.”

— Jeanne W.

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EVERY DAY TRAVEL

**bon
appetit!**

Cooking classes are popping up all around the world, and we've found the best, most affordable ones out there.



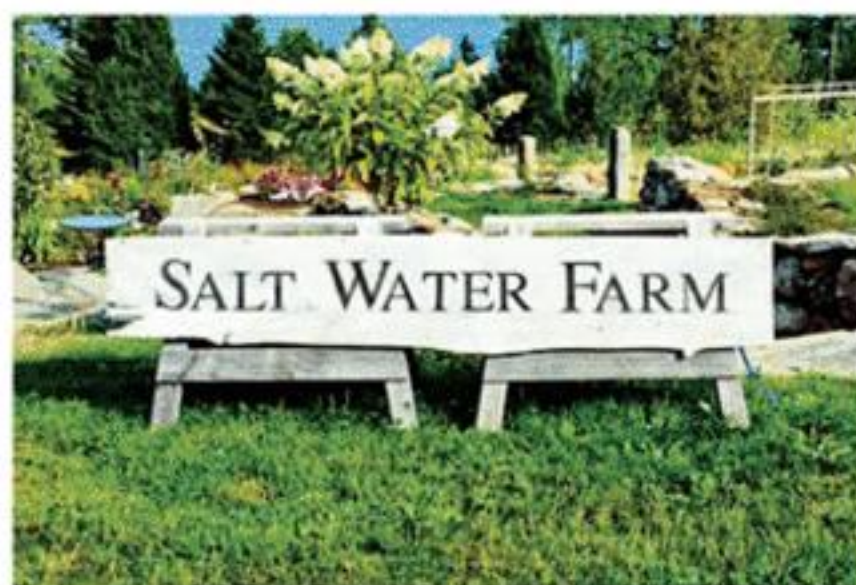
the apple farm

PHILO, CALIFORNIA

philoapplefarm.com; from \$80 for a four-hour class or from \$900 per person for two nights, including classes, lodging and meals

➔ Seasonal cuisine is the focus at Karen and Tim Bates' biodynamic apple orchard. You'll **prepare locally raised chicken with olives, and an apple galette**. Sleep in one of three renovated cottages set in the orchard, and leave with a trove of recipes.

CLASS HIGHLIGHT Waking up to Saturday's breakfast, featuring the farm's fresh apple juice and homemade jams.



salt water farm

LINCOLNVILLE, MAINE

saltwaterfarm.com; \$75 for a three-hour class

➔ There's a garden just outside the kitchen barn, so it makes sense that hyperlocal ingredients are at the center of chef Annemarie Ahearn's lesson plan. **Prepare Penobscot Bay bouillabaisse and wild mushroom tart with goat cheese**. Then sit down together, tuck in and toast the flavors of Maine.

CLASS HIGHLIGHT Soaking up the 180-degree view of the Atlantic: You might even glimpse an osprey or an eagle as you chop and stir.



chef joe randall's cooking school

SAVANNAH, GEORGIA

chefjoerandall.com; \$85 for a three-hour demonstration or \$195 for a three-class weekend series

➔ Cooking legend Joe Randall has shared the gospel of Low Country cooking at his Savannah school for 10 years. **He applies classic technique to soul favorites, like crab cakes with mustard aioli**. Walk off your meal with a stroll along historic River Street.

CLASS HIGHLIGHT Watching chef Randall stir an extra pinch of cayenne into his smothered shrimp and grits—"just enough to make it talk to ya!"



seasons of my heart

OAXACA, MEXICO

seasonsofmyheart.com; \$50 for a half-day class, or \$1,495 per person for six nights or \$1,995 per person for eight nights, including all classes, meals and hotel accommodations

➔ Chef Susana Trilling brings 30 years of experience to her classes. **Try making chocolate-infused mole** or toasting tortillas on a traditional clay comal.

CLASS HIGHLIGHT Savoring Trilling's approach to cooking: "After making tamales from scratch, you never look at them the same way again."



bake! at zingerman's bakehouse

ANN ARBOR, MICHIGAN

bakewithzing.com; \$100 to \$125 for a four-hour class, \$500 for a two-day series or \$1,000 for a four-day series

➔ In 2006, the Midwestern mainstay Zingerman's added a classroom to its deli and baked-goods empire. Now there are more than 40 hands-on courses and multiday "Bake-cations." **Learn the recipes behind the company's most popular treats**—its French baguette, ginger scones and sour cream coffee cake.

CLASS HIGHLIGHT Piping vanilla bean cream into hot, freshly made donuts.



red bridge cooking school

HOI AN, VIETNAM

visithoian.com/redbridge; \$25 for a half-day class

➔ Affiliated with the Red Bridge Restaurant, this school offers a taste of Vietnamese culture and cuisine. **Work up an appetite with the morning market walk, riverboat ride and organic herb garden tour.** Then gather in the open-air kitchen to prepare beef pho and grilled chicken over a green papaya-and-banana blossom salad.

CLASS HIGHLIGHT Taking in the vibrant whirl of colorful produce and fragrant spices at the central market.



braise culinary school

MILWAUKEE

braiselocalfood.com; \$50 for a three-hour tour and demonstration

➔ "Show, don't tell" is the mantra at chef David Swanson's traveling culinary school. Each class is held on-site at a farm, orchard or bakery, where students take a behind-the-scenes tour before settling in to **learn how to make the location's best recipes**—farm-focused treats like fresh sorrel pesto or semolina cake with poached local pears.

CLASS HIGHLIGHT Foraging in the fields during the annual mushroom-and-morels class.



organic tuscan

TUSCANY, ITALY

organictuscany.org; \$160 for a three-hour class or \$1,725 per person for seven nights, including four cooking classes, lodging and most meals

➔ Sink into la dolce vita while preparing fresh egg pasta and sipping over your homemade tiramisu. Guests stay in a 19th-century villa set on 340 acres of olive trees, and learn to cook upward of 60 dishes during the week.

CLASS HIGHLIGHT Carrying the meals you cooked into the garden, where you can picnic in the shade of an ancient chestnut tree.



PERSONAL TIPS



“All-inclusives are the way to go. You don't have to worry about who is eating what, when, or where!”

— Cindy B.

“Be flexible. Traveling with kids doesn't always go as planned. A schedule isn't the important thing—having fun is!”

— Melissa O.

“Create a packing list for everyone traveling. Each person can be responsible for his or her own things, and it's not your fault when something is forgotten!”

— Chris D.

“We love day trips. They are an easy and inexpensive way to spend some quality family time together. We pick a place we've always wanted to see, then we hop in the car and go.”

— Andrea R.

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To get more tips,
go to RachaelRaymag.com/Nokia



A LITTLE HELP FROM OUR FRIENDS Tips provided by: **Joe David**, author of *Gourmet Getaways: 50 Top Spots to Cook and Learn* • **David Loy**, president/CEO of Epitouran • chef **John Wilson**, founder/owner of Culinary Vacations Inc.



David, Adriana, Karina, Gabriela
with parents Maria and Aurelio,
Anheuser-Busch employee

TALK NOW. THEY'LL LISTEN.

It's never too early to talk with your children about underage drinking. What you say now will make a difference later. In fact, a recent GfK Roper Youth Report found that 74 percent of children ages 8-17 say their parents are the number one influence on their decision whether or not to drink. So start the conversation. You...and your children...will be glad you did.



For a free parent guide about preventing underage drinking, visit familytalkonline.com.



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Source: GfK Roper Youth Report™, 2008

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f a m i l y values

BY ELAINE GLUSAC

You're a parent, so you know: Having a child changes the way you travel. You care less about the hippest bar and more about the closest bathroom. All you want is to spend a week in a place with activities for the kids and some peace for you—all for around \$600 a person. Well, we found all that, plus howler monkeys (check out the Costa Rica package)! You could also board a luxe cruise, go camping in Yellowstone or take a farm trip inspired by *Charlotte's Web*. Choose the vacation that's right for your family and book now, whether you'd like to jet off for Labor Day or plan ahead for spring break. The promise of an awesome trip will give your kid bragging rights on the playground and you something to daydream about during the next PTA meeting.



No. 1



go all-inclusive

Los Cabos, Mexico

From \$99 per person per night, kids 12 and under free, through December 23

FIRST THING TO DO: Stash your cash in the hotel safe. All-inclusive resorts bundle lodging, meals, drinks and activities into one up-front fee, allowing you to live life in your bathing suit—no wallet needed. The new **Barceló Los Cabos Palace Deluxe** has a water park with cannons and sprinklers, and a club where kids can take Spanish lessons or get spa treatments (fancy!). While the little ones are getting their feet rubbed, Mom and Dad are free to play tennis or toast the sunset with *dos margaritas*. (800-227-2356, barcelo.com)



No. 2



explore the jungle

Costa Rica

\$1,990 for a family of four for six nights, through November 15

THIS ONE'S FOR ANIMAL LOVERS. With 42 rooms on 120 acres, **Lost Iguana Resort & Spa** has more howler monkeys and toucans than people. The price is a serious bargain, considering it includes two adjoining rooms, all meals, your choice of a nature tour or volcano hike, plus two 90-minute spa treatments (you can truly relax—babysitting services are thrown in). Once you've had your fill of monkey watching, you can ride an on-site zipline, get lost in a hibiscus-plant maze, swim in a waterfall-fed pool and view active Arenal Volcano—from a safe distance. Nearby are rainforest hikes on hanging bridges, whitewater rafting and hot springs. (011-506-2267-6148, lostiguanaresort.com)



LONG-WEEKEND TRIPS

Come Columbus or Presidents Day, take a short break in a city with a lot of family appeal.



CHARLOTTE, NC

Big Draw At the new NASCAR Hall of Fame (tickets \$20 for adults, \$13 for ages 5 to 12, nascarhall.com), kiddies can drive a stock car simulator. **Chow Down** Eat wagyu (read: fancy) hot dogs at the Liberty Gastropub (entrées from \$10, 704-332-8830). **Check In** Aloft Charlotte Uptown (doubles from \$125, aloft-hotels.com) is near a bowling alley and movie theater. Your teen will find nothing to complain about.



SEATTLE

Big Draw Feel sea stars and squishy sea anemones in touch pools at the Seattle Aquarium (tickets \$17 for adults, \$11 for ages 4 to 12, seattleaquarium.org). **Chow Down** Grab a ham-and-cheese baguette at Le Panier in Pike's Place Market (sandwiches from \$6, epanier.com), and picnic overlooking the waterfront. **Check In** Rooms at the Hotel Monaco Seattle (doubles from \$139, monaco-seattle.com) come with kids' animal-print robes and a pet goldfish.



ST. LOUIS

Big Draw The wacky City Museum (tickets \$12, citymuseum.org), designed by artists, has labyrinthine tunnels, a rooftop Ferris wheel and circus shows. **Chow Down** At Fitz's American Grill & Bottling Works (entrées from \$8.50, 314-726-9555), you can choose from 16 burgers (try the chili-Frito concoction). **Check In** Open the curtains on stunning views of the Gateway Arch from the Hyatt Regency St. Louis at The Arch (doubles from \$99, stlouisarch.hyatt.com).

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SPLURGE ON A NICE RESTAURANT AT LUNCH, WHEN PRICES ARE LOWER THAN AT DINNERTIME.

No. 3 go camping

Bretton Woods, New Hampshire

\$705 per adult, \$350 per child for five nights

FOR MOST PEOPLE, CAMPING MEANS PITCHING A TENT AND ROASTING SOME WIENIES. Sign up for the **Appalachian Mountain Club Family Adventure Camp** programs and take camping to a new level. In summer you'll learn how to canoe and orienteer (race opponents armed with only a map and compass). In winter you'll trek in snowshoes, build igloos and track wildlife. Call top bunk: Your family's room will have four or six bunk beds and shared baths. (For extra dough you can book the lodge with private bathrooms.) Don't worry about packing trail mix: You'll be served a buffet breakfast, picnic lunch and family-style dinner at 6 p.m. sharp. Listen for that chow bell! (*Highland Center at Crawford Notch, 603-466-2727, outdoors.org/adventure_camps*)



BOOK YOUR TRIP

Bring your little bookworm's favorite story to life.

READ IT *Charlotte's Web* by E.B. White

SEE IT At **Liberty Hill Farm Inn** in Rochester, Vermont, guests stay in farmhouse rooms on a dairy farm. Kids will love searching the henhouse for eggs, bottle-feeding the calves (just like Fern did with Wilbur!) and swimming in the White River. Included are hearty breakfasts and dinners using farm-raised produce, with all the fresh milk you can drink. 511 Liberty Hill, libertyhillfarm.com, 802-767-3926; \$98 per adult, \$54 per child under 12

READ IT *Little House on the Prairie*

by Laura Ingalls Wilder

SEE IT The Ingalls family, as chronicled in the *Little House* books, migrated across the upper Midwest, stopping over in several states. Many towns claim a connection, but the family settled in De Smet, South Dakota, home to two artifact-filled Ingalls homes and the school Laura attended with her nemesis, Nellie. Also, a summer pageant (July 8-10, 15-17 and 22-24, 2011) reenacts family life on the prairie. liwms.com

READ IT *The Harry Potter series*

by J.K. Rowling

SEE IT If you're feeling flush, fly to England, where **Lynott Tours** (lynotttours.com; \$710 per adult, \$533 per child) offers a six-day self-guided tour of sites that inspired the books. Closer to home, you can visit **The Wizarding World of Harry Potter at Universal Orlando Resort**: Shop for wands and send a postcard via owl. Wish you were here, Muggles! universalorlando.com; \$79 for adults, \$69 for kids

READ IT *Misty of Chincoteague* by Marguerite Henry

SEE IT The story of a wild pony-turned-child's pet was based on the horse roundups that still happen on Assateague and Chincoteague islands off the coasts of Virginia and Maryland. On **Pony Penning Day** (July 27, 2011), wild horses are herded across the saltwater channel to auction on Chincoteague, and thousands of people come to watch. If you can't make it on the big day, don't fear. Head offshore to **Assateague Island National Seashore** to witness the animals grazing in the wild anytime. nps.gov/asis



No. 4

see nature up close

Yellowstone, Wyoming

\$639 per adult, \$385 per child age 8 to 12 for four nights, June through August

ONCE THE FINAL BELL RINGS, pack up the family and enroll in summer school. If you can already hear the kids groaning, wait! We're not talking math camp. At **Yellowstone National Park**, naturalists will lead the way as your group hikes in canyons, visits gushing geysers, tracks bears, and takes painting and photography classes. Students spend their nights in comfort at Mammoth Hot Springs Hotel, steps away from world-class hiking trails. Tuition includes lodging, instruction, twice-daily meals and in-park transportation. (Yellowstone for Families at Mammoth, 866-439-7375, yellowstoneassociation.org/institute)

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ALL NATURAL. IS YOURS?





USE PUBLIC TRANSPORTATION WHEN AVAILABLE. REMEMBER: TRAM, SUBWAY, BUS AND FERRY RIDES ARE ALL ENTERTAINMENT TO KIDS.

No. 5 set sail

Western Caribbean

From \$729 per person for seven nights, launching in December

PARENTS, WHEN'S THE LAST TIME YOU FELT REALLY GLAMOROUS? While island-hopping on **Allure of the Seas**, with your kids safe and happy, you might just feel like Jackie O. The brand-new, family-friendly ship has a baby nursery, a DJ academy where kids learn to spin records, and 3-D movie screens that play favorites like *Shrek*. And look out for the big ogre himself: Royal Caribbean has partnered with DreamWorks, so the characters your kids know will pop up all over the ship. Be sure to tear yourself away from the on-board action—zipline, Broadway-style theater, 21 restaurants—to ride a bamboo river raft in Jamaica, lounge on a private beach in Haiti, and basically forgo all your real-life responsibilities to experience total, indulgent relaxation. (866-562-7625, royalcaribbean.com)

A LITTLE HELP FROM OUR FRIENDS

TIPS PROVIDED BY: **Genevieve Shaw Brown**, senior editor, travelocity.com • **Christian Gordun**, CEO, Coupon Craze • **Nicole Hockin**, spokesperson for hotels.com • **Mark Kahler**, about.com's Guide to Budget Travel • **Rita Weber**, Hertz superagent and travel expert • **Barbara Wysocki**, children's librarian and regular contributor to *School Library Journal*

TRAVEL EASY

What to expect when hauling the kids

Q: Should I pay for an airline seat for a child under age 2, or can I get away with a lap child and hope to score a free seat?

A: Most planes are flying near capacity these days, so chances are you won't get that free seat. If the flight is more than two hours, pony up.

Q: What about luggage charges?

A: Unless you are a frequent flier with premium-level status, you will likely be charged bag fees (JetBlue, Southwest and many international flights are exceptions). Most start at \$25 for the first bag. The best way to avoid fees is to pack light and carry on, but this isn't always realistic. Consolidating bags into one or two per family is a good way to keep the costs down.

Q: Can I preboard with kids?

A: Not always. Some airlines, like Southwest, routinely offer preboarding to families traveling with children under the age of 4; others skip this courtesy. If you think you need the extra time, request early boarding when you're gate-checking the stroller.

Q: What do I need to bring on the plane?

A: Food and drinks. Snacks and meals are rarely free, if available at all. (They're often sold out by the time they reach the back of the plane.) The TSA makes an exception on its 3-ounce liquid limit for breast milk, baby formula or juice.

TAKE A BITE OUTTA THE BIG APPLE

At *Every Day with Rachael Ray* we love to give a local's perspective on what to do and where to eat and shop. Now we're doing it for the Big Apple. And while you're out and about, Duane Reade has you covered for all your NYC essentials with 253 stores (at last count!) all over the city.



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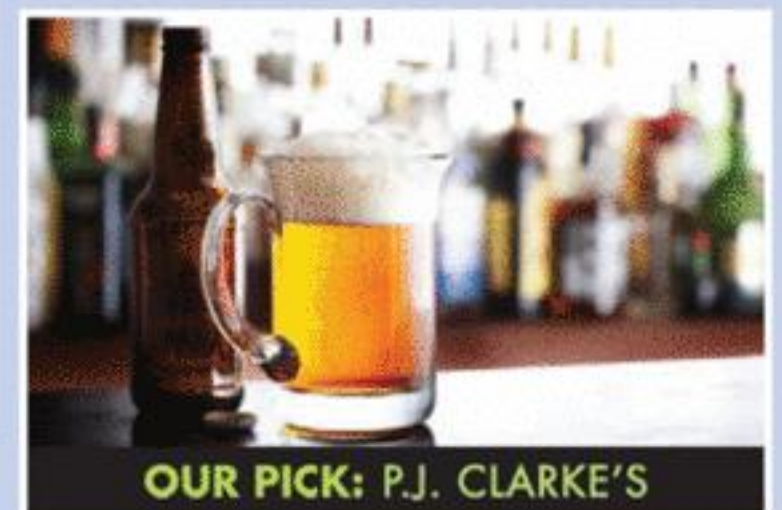
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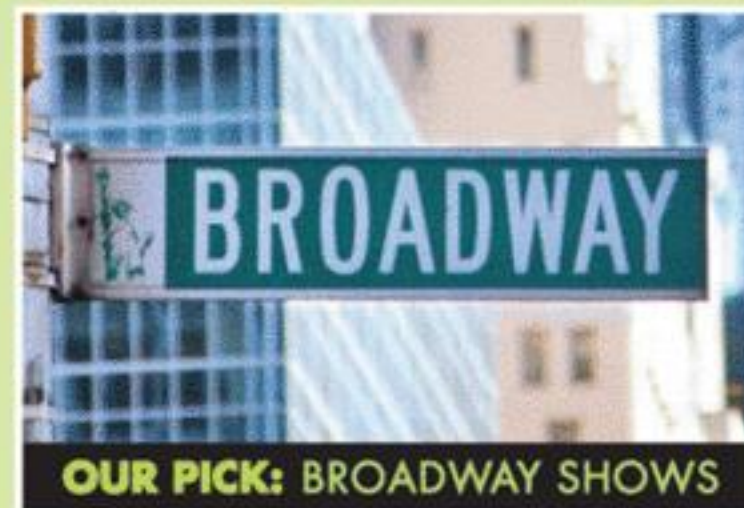
EAT



OUR PICK: P.J. CLARKE'S

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DO



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SHOP



OUR PICK: SOHO

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After

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Shine On

This scramble is packed with nutritious veggies like spinach and bell pepper—and eggs to help keep your pup's coat shiny!

BY ANDREW KAPLAN



did you know?

Puppies sleep 90 percent of the day for their first few weeks of life.

"Two Paws Up" Breakfast Scramble

MAKES 1½ CUPS

PREP 5 MIN COOK 5 MIN

- 2 teaspoons extra-virgin olive oil
- ¼ cup frozen chopped spinach, thawed and squeezed dry
- ½ tomato, seeded and chopped
- ¼ red or green bell pepper, seeded and chopped
- 1 egg

In a small nonstick skillet, heat the olive oil over medium heat. Add the spinach, tomato and bell pepper and cook until soft, 2 to 3 minutes. Add the egg and scramble continuously until cooked through, 1 to 2 minutes. Let cool before serving.



OH MY DOG: HOW TO CHOOSE, TRAIN, GROOM, NURTURE, FEED, AND CARE FOR YOUR NEW BEST FRIEND

Like me, my pal Beth Ostrosky Stern loves dogs! In fact, on top of being a model and actress, she's also an animal-rights activist—so I have to gush about her new book! It's a great guide to every part of dog parenting. (\$26, amazon.com) —RACH

the perfect match

The McCann family was thinking of adopting, but 12-year-old Kevin "was afraid of not knowing how to handle a new puppy," explains his mom, Cecelia. The North Shore Animal League America wanted to help, so they invited the family to participate in a *Rachael Ray* show segment featuring dog behaviorist Cesar Millan. On that day, Georgie, a 3-month-old German shepherd-rottweiler mix, won Kevin's heart with her inquisitive and easygoing nature. "He has stepped up to the plate with his responsibilities and adores her," says his dad, Paul. —SARAH ZORN



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Yum-o!

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al fresco® Spa Getaway Recipe Contest

Congratulations to **Felice Bogus of Raleigh, NC**, for winning the al fresco Spa Getaway Recipe Contest with this delightfully healthy dish.

Island Sausage Wraps

Prep: 20 min. **Cook:** 15 min.

$\frac{1}{4}$ cup mango chutney

$\frac{1}{4}$ cup barbecue sauce

1 package 12 oz al fresco® Chipotle Chorizo Chicken Sausage, cut into $\frac{1}{2}$ inch slices

2 tablespoons olive oil

1 medium sweet red pepper, sliced

2 cups cooked jasmine rice

2 cups sliced peeled mangoes

1 medium red onion, sliced

1 cup unsweetened pineapple chunks, well drained

$\frac{1}{4}$ cup minced fresh cilantro

8 whole wheat tortillas (8 inches), room temperature

In a small saucepan, combine chutney and barbecue sauce. Bring to a boil. Reduce heat; simmer, uncovered, for 8-10 minutes or until slightly thickened. Cool to room temperature.

Meanwhile, in a large skillet, brown chicken sausage in oil; remove meat and keep warm. In the same skillet, sauté red pepper until tender.

Spoon the rice, red pepper, mangoes, onion, pineapple, cilantro, sauce mixture and chicken sausage down the center of each tortilla; roll up. Yield: 8 servings.

For more delicious recipes, visit alfrescoallnatural.com.

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READY, SET, COOK!

September 2010

key

FAST

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MP = MENU PLANNER

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VEG OUT

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UNCLE BEN'S® Heart Healthy Chicken & Brown Rice Salad



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SERVES: 6

Prep Time: 20 minutes

Meal Occasion: Appetizer, Side Dish, Salad, Lunch

Cuisine Type: American

INGREDIENTS

2 bags UNCLE BEN'S® Boil-in-Bag Whole Grain Brown Rice
 2 cups shredded skinless chicken breast cooked and cooled
 2 medium green apples thinly sliced
 1 cup red onion finely chopped (optional)
 1/3 cup toasted walnuts coarsely chopped
 2 Tbsp. fresh sage chopped
 6 Tbsp. low-fat balsamic vinaigrette

INSTRUCTIONS

1. Prepare UNCLE BEN'S® Boil-in-Bag Whole Grain Brown Rice according to package directions. Let cool.
2. If chicken is not already cooked, grill in pan over medium-high heat until cooked through.
3. In a large bowl, toss together rice, chicken, green apple, red onion, walnuts and balsamic vinaigrette.
4. Garnish with fresh sage. Serve cold or room temperature.

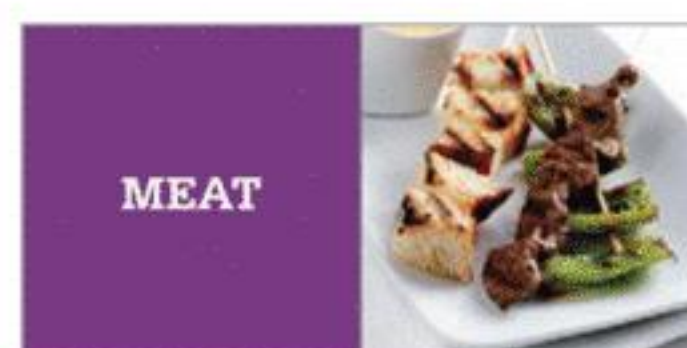


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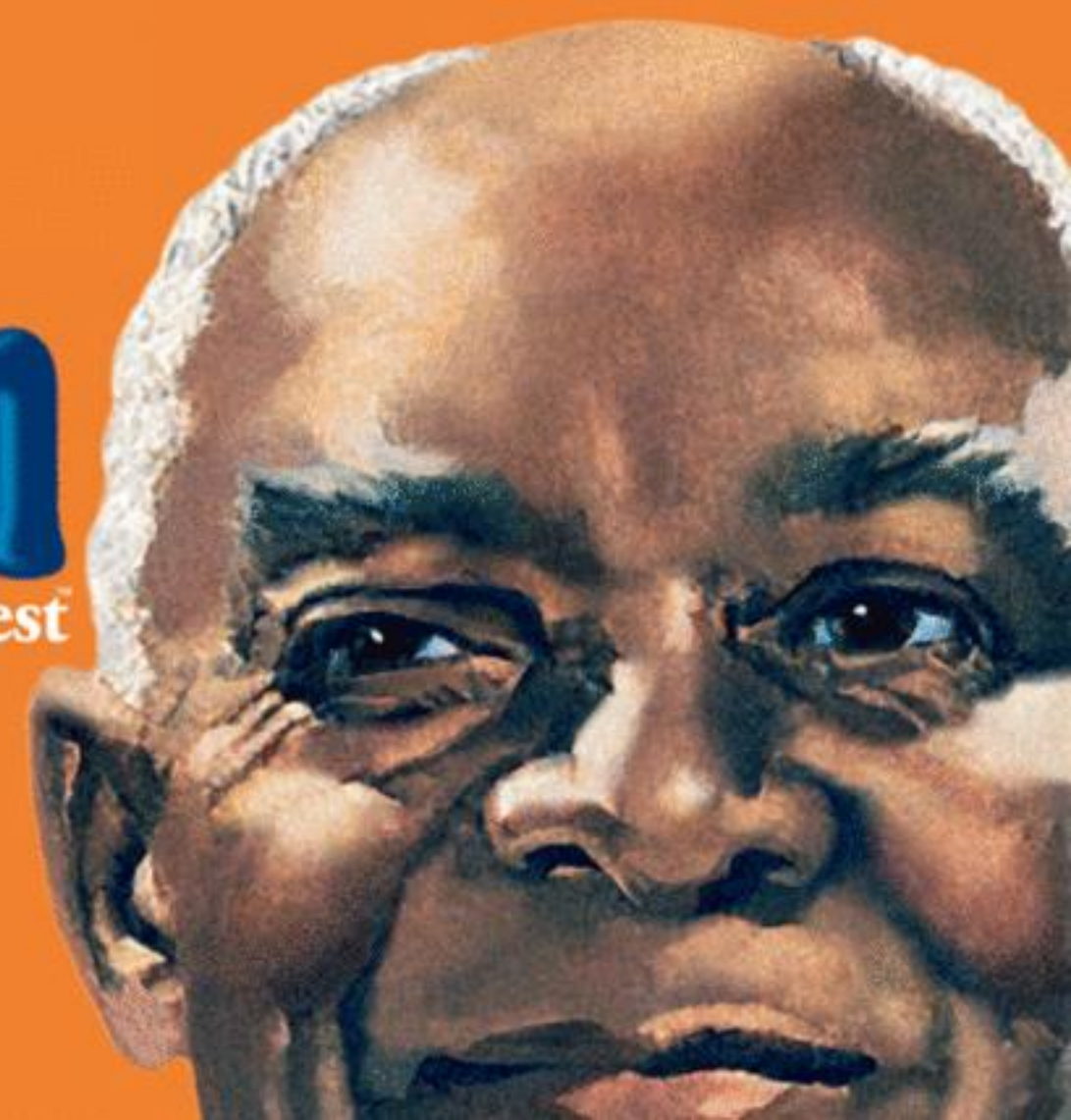
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"Enjoy this recipe. Of course, if you just want to eat my Boil-in-Bag Whole Grain Brown Rice by itself, that would be fine too."



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knows best





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Sesame Street

Grover, Alan and Elmo show Rach that life on the iconic boulevard is still A-OK.

PHOTOGRAPH BY JESSICA ANTOLA



The 41st season of *Sesame Street* premieres September 27 on PBS.

“ I hung a sign: ‘Hooper’s Store, Where You Get What You Want Just the Way You Want It.’

Telly Monster had me serve him a triangle sandwich on a triangle plate, make a triangle hat, hire an accordion player and tango to ‘Lady of Spain.’

I took the sign down. —ALAN **”**

RACHAEL RAY: Hey, gang! I’m so happy to be hanging out with you in Hooper’s Store. Judging by the contents of the fridge, no one will go thirsty on Sesame Street. How much water does the average monster have to drink?

GROVER: Regular monsters need roughly eight glasses a day, but superheroes, such as myself, tend to drink nine or so. It is important to stay hydrated.

RR: Is that how you keep your fur so blue, Grover?

GROVER: Monsters are very hygienic—except for Oscar, but he is a Grouch—so naturally I take many baths. I’d say that I am lucky to be blessed with such a luxurious coat of lovely blue fur.

RR: What’s your favorite flavor of yogurt?

ELMO: Elmo loves strawberry yogurt—probably because it is red. Elmo’s mommy sometimes lets Elmo eat frozen yogurt as a special treat. It is delicious!

RR: What’s the yummiest thing your mom ever made for you?

GROVER: That’s easy: alphabet soup.

RR: Alan, what’s the most popular item in the store?

ALAN: Well, everyone has their favorite foods that I make a lot. Elmo loves pizza, Big Bird comes in every day for a birdseed milkshake, Baby Bear really digs my oatmeal with honey and berries, and I go through a lot of cookies for—who else?—Cookie Monster.

RR: Do you deliver? Will you send orders to Big Bird’s nest?

ALAN: Why, yes, we do deliver anywhere on Sesame Street. Oscar once had me deliver a sardine-and-spinach sundae to his trash can. He gave me a wooden nickel as a tip.

RR: Sounds, um, delish. Do you think good food puts people in a good mood?

GROVER: Of course it does! Being in a good mood is just a small part of what makes me soooo lovable and cute.

RR: Are there foods that you were afraid to try but now enjoy?

ELMO: Elmo would have to say wasabi. Elmo heard it was really hot, but after Elmo tried it, Elmo realized he loves it. Maybe that is why Elmo doesn’t have eyelids.

RR: Elmo, you look so fit and trim. Have you been exercising?

ELMO: Yeah, baby! Elmo loves to ride tricycles around Sesame Street with all of Elmo’s friends who live there.

RR: If you could make dinner for any monster, animal or person in the whole world, who would it be and why?

ELMO: Elmo would make a fancy dinner for Elmo’s pet goldfish, Dorothy. Fish food every day can be so boring.

RR: So, what’s the best thing about living on Sesame Street?

ALAN: Definitely the wonderful friends that I’ve met since I’ve moved there. Monsters and people living in harmony as a family—who could ask for anything more?



I LOVE THAT NEW ME SMELL

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Stephanie Powell
2010 Corolla owner

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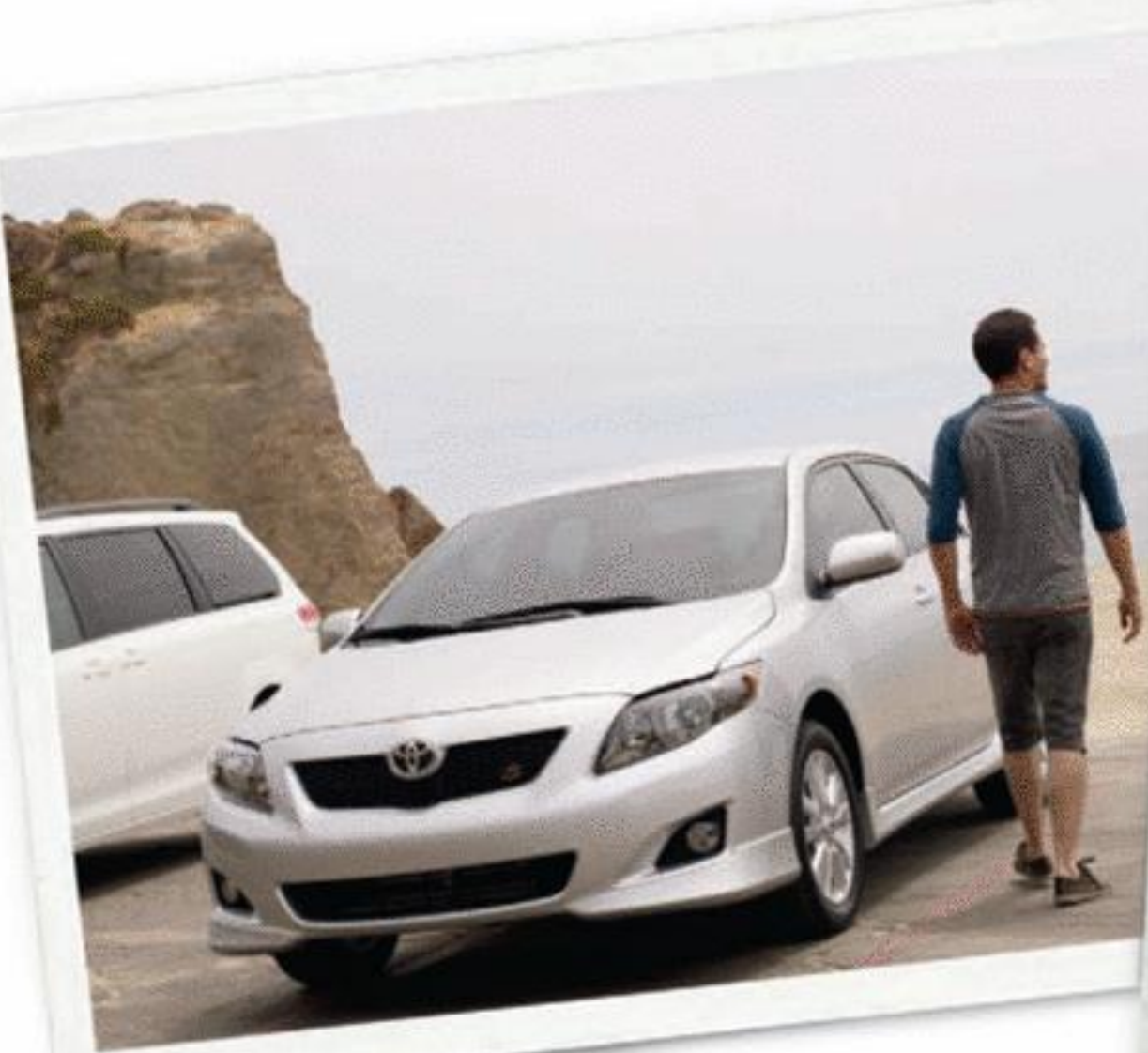
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MPG = MY PERSONAL GOALS

WE DIDN'T HAVE A LOT OF MONEY GROWING UP.
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SERGIO MONSERRATE
2010 COROLLA OWNER



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